

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Maltose (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: July 12, 2016 05:41 EDT

| NDB_No | Description   | Weight(g) | Measure                                     | Maltose(g)<br>Per Measure |
|--------|---|-----------|---|---------------------------|
| 09081  | Cranberry sauce, canned, sweetened  | 277.0     | 1.0 cup                                     | 12.33                     |
| 20138  | Wheat, KAMUT khorasan, uncooked   | 186.0     | 1.0 cup                                     | 12.20                     |
| 21365  | McDONALD'S, Hotcakes (with 2 pats margarine & syrup)  | 221.0     | 1.0 item                                    | 11.49                     |
| 11876  | Sweet potato, cooked, boiled, without skin, with salt                                       | 328.0     | 1.0 cup, mashed                             | 10.96                     |
| 11510  | Sweet potato, cooked, boiled, without skin  | 328.0     | 1.0 cup, mashed                             | 10.96                     |
| 20140  | Spelt, uncooked   | 174.0     | 1.0 cup                                     | 8.96                      |
| 08578  | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt    | 237.0     | 1.0 cup                                     | 6.90                      |
| 11508  | Sweet potato, cooked, baked in skin, flesh, without salt                                    | 200.0     | 1.0 cup                                     | 6.24                      |
| 22961  | HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen                                | 127.0     | 1.0 hot pocket (1 NLEA serving)             | 6.11                      |
| 22963  | Lean Pockets, Meatballs & Mozzarella  | 128.0     | 1.0 each                                    | 6.07                      |
| 25020  | Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut                            | 55.0      | 1.0 bar                                     | 5.52                      |
| 32009  | Pasta mix, classic beef, unprepared   | 122.0     | 1.0 package                                 | 5.33                      |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids   | 266.0     | 1.0 cup                                     | 5.05                      |
| 19296  | Honey   | 339.0     | 1.0 cup                                     | 4.88                      |
| 22537  | HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen  | 127.0     | 1.0 serving (1 hot pocket)                  | 4.88                      |
| 35143  | Tortilla, includes plain and from mutton sandwich (Navajo)                                  | 197.0     | 1.0 serving                                 | 4.67                      |
| 22529  | Beef Pot Pie, frozen entree, prepared   | 268.0     | 1.0 pie, cooked (average weight)            | 4.45                      |
| 36022  | APPLEBEE'S, crunchy onion rings   | 350.0     | 1.0 serving                                 | 4.16                      |
| 21227  | Pizza, meat and vegetable topping, rising crust, frozen, cooked                             | 170.0     | 1.0 serving 6 servings per 34.98 oz package | 4.08                      |
| 32010  | Pasta mix, Italian lasagna, unprepared  | 141.0     | 1.0 package                                 | 3.76                      |
| 09435  | Guava nectar, canned, with added ascorbic acid  | 251.0     | 1.0 cup                                     | 3.69                      |
| 11875  | Sweet potato, cooked, baked in skin, flesh, with salt                                       | 114.0     | 1.0 medium (2" dia, 5" long, raw)           | 3.56                      |
| 22918  | Burrito, bean and cheese, frozen  | 129.0     | 1.0 burrito                                 | 3.52                      |
| 01069  | Cream substitute, powdered  | 94.0      | 1.0 cup                                     | 3.45                      |
| 21225  | Pizza, cheese topping, rising crust, frozen, cooked   | 139.0     | 1.0 serving 6 servings per 29.25 oz package | 3.38                      |
| 21148  | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen | 127.0     | 1.0 piece 4"x6"                             | 3.28                      |
| 09370  | Peaches, canned, heavy syrup, drained   | 222.0     | 1.0 cup                                     | 3.20                      |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)            | 99.0      | 1.0 bagel                                   | 3.17                      |
| 09526  | Cranberry sauce, jellied, canned, OCEAN SPRAY   | 70.0      | 0.25 cup                                    | 3.15                      |

| NDB_No | Description   | Weight(g) | Measure  | Maltose(g)<br>Per Measure |
|--------|---|-----------|--|---------------------------|
| 28370  | UDI'S, Gluten Free, Classic French Dinner Rolls   | 36.0      | 1.0 roll   | 3.13                      |
| 28340  | Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch          | 36.0      | 1.0 roll   | 3.13                      |
| 31023  | Sweet Potatoes, french fried, frozen as packaged, salt added in processing                        | 51.0      | 12.0 fries   | 3.11                      |
| 09525  | Cranberry sauce, whole, canned, OCEAN SPRAY   | 70.0      | 0.25 cup   | 3.08                      |
| 22906  | Chicken pot pie, frozen entree, prepared  | 302.0     | 1.0 pie  | 2.99                      |
| 25021  | Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE   | 48.0      | 1.0 bar  | 2.99                      |
| 21335  | McDONALD'S, Hot Caramel Sundae  | 182.0     | 1.0 item (6.4 oz)  | 2.98                      |
| 25016  | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors                      | 55.0      | 1.0 bar  | 2.94                      |
| 21145  | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen          | 155.0     | 1.0 slice 1/8 per pizza  | 2.93                      |
| 36036  | Restaurant, family style, onion rings   | 259.0     | 1.0 serving  | 2.90                      |
| 09256  | Pears, canned, light syrup pack, solids and liquids   | 251.0     | 1.0 cup, halves  | 2.76                      |
| 35142  | Frybread, made with lard (Navajo)   | 152.0     | 1.0 piece  | 2.68                      |
| 19064  | Candies, TOOTSIE ROLL, chocolate-flavor roll  | 40.0      | 1.0 serving 6 pieces   | 2.62                      |
| 21153  | Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato | 413.0     | 12.0 inch sub  | 2.52                      |
| 21149  | School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen                                       | 91.0      | 1.0 piece 3.2 oz   | 2.48                      |
| 22960  | Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix          | 198.0     | 1.0 cup  | 2.48                      |
| 32017  | Pasta mix, Italian four cheese lasagna, unprepared  | 117.0     | 1.0 package  | 2.42                      |
| 21147  | School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen          | 130.0     | 1.0 piece 4" x 6"  | 2.35                      |
| 21476  | DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked                            | 179.0     | 1.0 slice 1/4 of pie   | 2.34                      |
| 21411  | Fast foods, bagel, with breakfast steak, egg, cheese, and condiments                              | 254.0     | 1.0 item   | 2.34                      |
| 28338  | Bread, gluten-free, white, made with tapioca starch and brown rice flour                          | 28.0      | 1.0 slice  | 2.27                      |
| 28371  | UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread   | 28.0      | 1.0 slice  | 2.27                      |
| 36031  | DENNY'S, onion rings  | 166.0     | 1.0 serving  | 2.24                      |
| 36625  | Restaurant, Chinese, vegetable lo mein, without meat  | 741.0     | 1.0 order  | 2.22                      |
| 07969  | Kielbasa, fully cooked, pan-fried   | 370.0     | 1.0 link   | 2.22                      |
| 09074  | Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids                             | 253.0     | 1.0 cup  | 2.20                      |
| 21276  | PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust  | 127.0     | 1.0 slice  | 2.20                      |
| 21255  | BURGER KING, DOUBLE WHOPPER, with cheese  | 399.0     | 1.0 item   | 2.19                      |
| 09020  | Applesauce, canned, sweetened, without salt (includes USDA commodity)                             | 246.0     | 1.0 cup  | 2.19                      |
| 21253  | BURGER KING, WHOPPER, with cheese   | 316.0     | 1.0 item   | 2.18                      |
| 36026  | CRACKER BARREL, onion rings, thick-cut  | 261.0     | 1.0 serving  | 2.17                      |
| 36052  | Restaurant, Mexican, cheese quesadilla  | 205.0     | 1.0 serving serving size varied on diameter and count of quesadila | 2.15                      |
| 36054  | OLIVE GARDEN, cheese ravioli with marinara sauce  | 454.0     | 1.0 serving varied from 7-9 ravioli per serving                    | 2.13                      |
| 21254  | BURGER KING, DOUBLE WHOPPER, no cheese  | 374.0     | 1.0 item   | 2.13                      |
| 21389  | Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise            | 374.0     | 1.0 item   | 2.13                      |

| NDB_No | Description   | Weight(g) | Measure                                  | Maltose(g)<br>Per Measure |
|--------|---|-----------|--|---------------------------|
| 28341  | Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch   | 78.0      | 1.0 roll                                 | 2.12                      |
| 28368  | SCHAR, Gluten-Free, Classic White Rolls   | 78.0      | 1.0 roll                                 | 2.12                      |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip  | 43.0      | 1.0 bar (1.5 oz)                         | 2.03                      |
| 21157  | SUBWAY, meatball marinara sub on white bread (no toppings)  | 209.0     | 6.0 inch sub                             | 2.01                      |
| 21158  | Fast foods, submarine sandwich, meatball marinara on white bread  | 209.0     | 6.0 inch sub                             | 2.01                      |
| 18944  | Pie, Dutch Apple, Commercially Prepared   | 131.0     | 0.125 pie 1 pie (1/8 of 9" pie)          | 2.00                      |
| 36057  | CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta  | 339.0     | 1.0 serving                              | 1.97                      |
| 28288  | Bread, roll, Mexican, bolillo   | 98.0      | 1.0 piece                                | 1.96                      |
| 21252  | BURGER KING, WHOPPER, no cheese   | 291.0     | 1.0 item                                 | 1.95                      |
| 21275  | PIZZA HUT 12" Pepperoni Pizza, Pan Crust  | 96.0      | 1.0 slice                                | 1.93                      |
| 21146  | School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen                        | 156.0     | 1.0 slice 1/8 per pizza                  | 1.92                      |
| 21258  | BURGER KING, Premium Fish Sandwich  | 220.0     | 1.0 sandwich                             | 1.91                      |
| 21105  | Fast foods, fish sandwich, with tartar sauce  | 220.0     | 1.0 sandwich                             | 1.91                      |
| 09434  | Guanabana nectar, canned  | 251.0     | 1.0 cup                                  | 1.91                      |
| 21410  | Fast foods, bagel, with egg, sausage patty, cheese, and condiments  | 219.0     | 1.0 item                                 | 1.91                      |
| 36051  | ON THE BORDER, cheese quesadilla  | 203.0     | 1.0 serving 1 quesadilla                 | 1.89                      |
| 21285  | PAPA JOHN'S 14" The Works Pizza, Original Crust   | 153.0     | 1.0 slice                                | 1.87                      |
| 21495  | DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust  | 129.0     | 1.0 slice                                | 1.84                      |
| 21272  | PIZZA HUT 12" Cheese Pizza, Pan Crust   | 100.0     | 1.0 slice                                | 1.83                      |
| 20420  | Pasta, dry, unenriched  | 91.0      | 1.0 cup spaghetti                        | 1.78                      |
| 20120  | Pasta, dry, enriched  | 91.0      | 1.0 cup spaghetti                        | 1.78                      |
| 21274  | PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust  | 96.0      | 1.0 slice                                | 1.76                      |
| 21289  | LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust   | 115.0     | 1.0 slice                                | 1.75                      |
| 25045  | Formulated bar, high fiber, chewy, oats and chocolate   | 40.0      | 1.0 bar                                  | 1.72                      |
| 21343  | McDONALD'S, Low Fat Caramel Sauce   | 21.0      | 0.8 oz                                   | 1.70                      |
| 28339  | Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour  | 25.0      | 1.0 slice                                | 1.70                      |
| 28372  | UD'S, Gluten Free, Soft & Hearty Whole Grain Bread  | 25.0      | 1.0 slice                                | 1.70                      |
| 35239  | Tortilla, blue corn, Sakwavikaviki (Hopi)   | 57.0      | 1.0 piece                                | 1.69                      |
| 21278  | DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust   | 118.0     | 1.0 slice                                | 1.69                      |
| 32008  | Pasta mix, classic cheeseburger macaroni, unprepared  | 123.0     | 1.0 package                              | 1.69                      |
| 22959  | Macaroni and cheese dinner with dry sauce mix, boxed, uncooked  | 70.0      | 1.0 serving (makes about 1 cup prepared) | 1.67                      |
| 21271  | PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust   | 96.0      | 1.0 slice                                | 1.67                      |
| 08105  | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt | 240.0     | 1.0 cup                                  | 1.66                      |
| 08113  | Cereals, farina, enriched, cooked with water, without salt  | 240.0     | 1.0 cup                                  | 1.66                      |

| NDB_No | Description  | Weight(g) | Measure              | Maltose(g)<br>Per Measure |
|--------|--|-----------|----------------------|---------------------------|
| 21304  | Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust   | 136.0     | 1.0 slice            | 1.65                      |
| 18938  | Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)                                       | 53.0      | 1.0 piece            | 1.63                      |
| 28307  | Bread, naan, plain, commercially prepared, refrigerated  | 90.0      | 1.0 piece            | 1.62                      |
| 08173  | Cereals, farina, enriched, cooked with water, with salt  | 233.0     | 1.0 cup              | 1.61                      |
| 21404  | McDONALD'S, Premium Grilled Chicken Club Sandwich  | 223.0     | 1.0 item 7.9 oz      | 1.61                      |
| 21281  | DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust   | 123.0     | 1.0 slice            | 1.60                      |
| 28287  | Bread, naan, whole wheat, commercially prepared, refrigerated  | 106.0     | 1.0 piece            | 1.59                      |
| 22953  | Egg rolls, pork, refrigerated, heated  | 85.0      | 1.0 roll             | 1.56                      |
| 21402  | McDONALD'S, Premium Grilled Chicken Classic Sandwich   | 200.0     | 1.0 item 7 oz        | 1.56                      |
| 21406  | McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich   | 202.0     | 1.0 item 7.1 oz      | 1.54                      |
| 36059  | Restaurant, Italian, chicken parmesan without pasta  | 301.0     | 1.0 serving          | 1.54                      |
| 21398  | Fast foods, cheeseburger; single, large patty; with condiments   | 199.0     | 1.0 item             | 1.51                      |
| 21283  | PAPA JOHN'S 14" Cheese Pizza, Original Crust   | 117.0     | 1.0 slice            | 1.50                      |
| 21121  | Fast foods, roast beef sandwich, plain   | 149.0     | 1.0 sandwich         | 1.49                      |
| 21527  | ARBY'S, roast beef sandwich, classic   | 149.0     | 1.0 sandwich         | 1.49                      |
| 21287  | LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust  | 89.0      | 1.0 slice            | 1.49                      |
| 21150  | SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce                     | 228.0     | 6.0 inch sub         | 1.48                      |
| 21151  | Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce | 228.0     | 6.0 inch sub         | 1.48                      |
| 11212  | Edamame, frozen, prepared  | 155.0     | 1.0 cup              | 1.47                      |
| 21282  | DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust  | 151.0     | 1.0 slice            | 1.46                      |
| 20135  | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry  | 91.0      | 1.0 cup spaghetti    | 1.46                      |
| 21290  | LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust   | 102.0     | 1.0 slice            | 1.45                      |
| 21300  | Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust   | 115.0     | 1.0 slice            | 1.44                      |
| 09437  | Tamarind nectar, canned  | 251.0     | 1.0 cup              | 1.43                      |
| 21154  | Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato                            | 198.0     | 6.0 inch sub         | 1.43                      |
| 21211  | SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato  | 198.0     | 6.0 inch sub         | 1.43                      |
| 36012  | Restaurant, family style, fried mozzarella sticks  | 245.0     | 1.0 serving          | 1.42                      |
| 18324  | Pie, pecan, commercially prepared  | 28.35     | 1.0 oz               | 1.41                      |
| 21478  | DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked  | 145.0     | 1.0 slice 1/4 of pie | 1.41                      |
| 09436  | Mango nectar, canned   | 251.0     | 1.0 cup              | 1.41                      |
| 21291  | LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust  | 104.0     | 1.0 slice            | 1.40                      |
| 21284  | PAPA JOHN'S 14" Pepperoni Pizza, Original Crust  | 123.0     | 1.0 slice            | 1.39                      |
| 20124  | Pasta, whole-wheat, dry  | 91.0      | 1.0 cup spaghetti    | 1.38                      |
| 21298  | PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust   | 123.0     | 1.0 slice            | 1.38                      |
| 36611  | DENNY'S, mozzarella cheese sticks  | 228.0     | 1.0 serving          | 1.37                      |

| NDB_No | Description   | Weight(g) | Measure  | Maltose(g)<br>Per Measure |
|--------|---|-----------|--|---------------------------|
| 21102  | Fast foods, chicken fillet sandwich, plain with pickles                                   | 187.0     | 1.0 sandwich                                     | 1.37                      |
| 21526  | CHICK-FIL-A, chicken sandwich   | 187.0     | 1.0 sandwich                                     | 1.37                      |
| 25046  | Snacks, bagel chips, plain  | 28.35     | 1.0 oz   | 1.36                      |
| 21479  | DIGIORNO Pizza, supreme topping, rising crust, frozen, baked                              | 227.0     | 1.0 slice 1/4 of pie                             | 1.36                      |
| 21482  | Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust                           | 127.0     | 1.0 slice  | 1.36                      |
| 11211  | Edamame, frozen, unprepared   | 118.0     | 1.0 cup  | 1.35                      |
| 28286  | Bread, paratha, whole wheat, commercially prepared, frozen                                | 79.0      | 1.0 piece  | 1.34                      |
| 36058  | OLIVE GARDEN, chicken parmigiana without pasta  | 304.0     | 1.0 serving                                      | 1.34                      |
| 21288  | LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust                          | 90.0      | 1.0 slice  | 1.30                      |
| 28373  | UDI'S, Gluten Free, Whole Grain Dinner Rolls  | 44.0      | 1.0 roll   | 1.30                      |
| 28343  | Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour            | 44.0      | 1.0 roll   | 1.30                      |
| 18289  | Pancakes, plain, dry mix, complete (includes buttermilk)                                  | 52.0      | 0.333 cup  | 1.29                      |
| 21511  | Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust                          | 117.0     | 1.0 slice 1/8 pizza                              | 1.29                      |
| 21512  | PIZZA HUT 14" Cheese Pizza, Stuffed Crust   | 117.0     | 1.0 slice  | 1.29                      |
| 21474  | DIGIORNO Pizza, cheese topping, rising crust, frozen, baked                               | 183.0     | 1.0 slice 1/4 of pie                             | 1.28                      |
| 20653  | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry                     | 91.0      | 1.0 cup spaghetti                                | 1.27                      |
| 21156  | Fast foods, submarine sandwich, ham on white bread with lettuce and tomato                | 184.0     | 6.0 inch sub                                     | 1.27                      |
| 21209  | SUBWAY, black forest ham sub on white bread with lettuce and tomato                       | 184.0     | 6.0 inch sub                                     | 1.27                      |
| 36061  | Restaurant, Mexican, soft taco with ground beef, cheese and lettuce                       | 281.0     | 1.0 serving varied from 1 to 3 tacos per serving | 1.26                      |
| 36060  | ON THE BORDER, soft taco with ground beef, cheese and lettuce                             | 324.0     | 1.0 serving varied from 2-3 tacos per serving    | 1.26                      |
| 21152  | SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato                            | 207.0     | 6.0 inch sub                                     | 1.26                      |
| 21345  | McDONALD'S, DOUBLE QUARTER POUNDER with Cheese  | 280.0     | 1.0 item   | 1.26                      |
| 21396  | Fast foods, cheeseburger; double, large patty; with condiments                            | 280.0     | 1.0 item   | 1.26                      |
| 18002  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted | 24.0      | 1.0 mini bagel (2-1/2" dia)                      | 1.26                      |
| 21235  | McDONALD'S, QUARTER POUNDER with Cheese   | 199.0     | 1.0 item 7.1 oz                                  | 1.25                      |
| 21234  | McDONALD'S, QUARTER POUNDER   | 171.0     | 1.0 item   | 1.25                      |
| 21097  | Fast foods, cheeseburger; single, large patty; with condiments and bacon                  | 211.0     | 1.0 item   | 1.24                      |
| 21226  | Pizza, meat and vegetable topping, regular crust, frozen, cooked                          | 143.0     | 1.0 serving 5 servings per 24.2 oz package       | 1.24                      |
| 21477  | DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked                            | 207.0     | 1.0 slice 1/4 of pie                             | 1.24                      |
| 21303  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust                         | 118.0     | 1.0 slice  | 1.24                      |
| 21293  | PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust   | 105.0     | 1.0 slice  | 1.23                      |
| 08478  | Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS   | 27.0      | 0.75 cup (1 NLEA serving)                        | 1.22                      |
| 21162  | Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread                 | 148.0     | 6.0 inch sub                                     | 1.21                      |
| 21161  | SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato                          | 148.0     | 6.0 inch sub                                     | 1.21                      |
| 21296  | PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust  | 110.0     | 1.0 slice  | 1.21                      |
| 21159  | SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato        | 201.0     | 6.0 inch sub                                     | 1.21                      |

| NDB_No | Description   | Weight(g) | Measure  | Maltose(g)<br>Per Measure |
|--------|---|-----------|--|---------------------------|
| 21160  | Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato | 201.0     | 6.0 inch sub   | 1.21                      |
| 21265  | TACO BELL, BURRITO SUPREME with beef  | 241.0     | 1.0 burrito  | 1.20                      |
| 21064  | Fast foods, burrito, with beans, cheese, and beef   | 241.0     | 1.0 burrito  | 1.20                      |
| 21294  | PIZZA HUT 14" Cheese Pizza, Pan Crust   | 112.0     | 1.0 slice  | 1.20                      |
| 21497  | PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust  | 119.0     | 1.0 slice  | 1.19                      |
| 18364  | Tortillas, ready-to-bake or -fry, flour, refrigerated   | 48.0      | 1.0 tortilla   | 1.18                      |
| 21207  | SUBWAY, turkey breast sub on white bread with lettuce and tomato                                | 184.0     | 6.0 inch sub   | 1.16                      |
| 21155  | Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato            | 184.0     | 6.0 inch sub   | 1.16                      |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                         | 28.35     | 1.0 oz   | 1.14                      |
| 18963  | Garlic bread, frozen  | 43.0      | 1.0 slice presliced  | 1.14                      |
| 21259  | BURGER KING, Original Chicken Sandwich  | 199.0     | 1.0 sandwich   | 1.13                      |
| 36032  | DENNY'S, spaghetti and meatballs  | 565.0     | 1.0 serving  | 1.13                      |
| 21299  | Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust                                | 107.0     | 1.0 slice  | 1.12                      |
| 28306  | Bread, chapati or roti, plain, commercially prepared  | 68.0      | 1.0 piece  | 1.12                      |
| 25017  | Formulated bar, POWER BAR, chocolate  | 68.0      | 1.0 bar  | 1.12                      |
| 21390  | Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise          | 247.0     | 1.0 item   | 1.11                      |
| 18350  | Rolls, hamburger or hotdog, plain   | 44.0      | 1.0 roll 1 serving   | 1.11                      |
| 21098  | Fast foods, cheeseburger; single, large patty; with condiments and vegetables                   | 233.0     | 1.0 sandwich   | 1.10                      |
| 22903  | Pizza, pepperoni topping, regular crust, frozen, cooked   | 127.0     | 0.25 pizza 12" diameter  | 1.08                      |
| 21484  | Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust                               | 116.0     | 1.0 slice  | 1.08                      |
| 21014  | Fast foods, croissant, with egg, cheese, and sausage  | 171.0     | 1.0 sandwich   | 1.08                      |
| 21383  | BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese   | 171.0     | 1.0 sandwich   | 1.08                      |
| 21302  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust                             | 111.0     | 1.0 slice  | 1.08                      |
| 21237  | McDONALD'S, BIG MAC   | 219.0     | 1.0 item 7.6 oz  | 1.07                      |
| 18029  | Bread, french or vienna (includes sourdough)  | 28.35     | 1.0 oz   | 1.05                      |
| 11380  | Potatoes, mashed, dehydrated, granules without milk, dry form                                   | 200.0     | 1.0 cup  | 1.04                      |
| 21384  | BURGER KING, CROISSAN'WICH with Sausage and Cheese  | 131.0     | 1.0 item   | 1.03                      |
| 36001  | APPLEBEE'S, Double Crunch Shrimp  | 206.0     | 1.0 serving  | 1.03                      |
| 21248  | WENDY'S, Frosty Dairy Dessert   | 113.0     | 1.0 junior 6 oz. cup   | 1.03                      |
| 36055  | Restaurant, Italian, cheese ravioli with marinara sauce   | 427.0     | 1.0 serving serving size varied by diameter and count of raviloi | 1.02                      |
| 03059  | Babyfood, dinner, vegetables and bacon, strained  | 256.0     | 1.0 cup  | 1.02                      |
| 36601  | Restaurant, Chinese, egg rolls, assorted  | 89.0      | 1.0 piece  | 1.01                      |
| 18970  | Tortillas, ready-to-bake or -fry, flour, shelf stable   | 49.0      | 1.0 tortilla   | 1.01                      |
| 21210  | SUBWAY, roast beef sub on white bread with lettuce and tomato                                   | 190.0     | 6.0 inch sub   | 1.01                      |
| 21125  | Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato               | 190.0     | 6.0 inch sub   | 1.01                      |

| NDB_No | Description   | Weight(g) | Measure  | Maltose(g)<br>Per Measure |
|--------|---|-----------|--|---------------------------|
| 21277  | DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust                                      | 108.0     | 1.0 slice  | 1.00                      |
| 36050  | Restaurant, Mexican, cheese enchilada   | 244.0     | 1.0 serving serving size varied from 1 to 3 enchiladas | 1.00                      |
| 21233  | McDONALD'S, Cheeseburger  | 119.0     | 1.0 item 4 oz  | 1.00                      |
| 21494  | DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust                                     | 114.0     | 1.0 slice  | 0.99                      |
| 21412  | Light Ice Cream, soft serve, blended with milk chocolate candies                          | 348.0     | 12.0 fl oz cup   | 0.97                      |
| 21338  | McDONALD'S, McFLURRY with M&M'S CANDIES   | 348.0     | 1.0 regular (12 fl oz)                                 | 0.97                      |
| 21251  | BURGER KING, Cheeseburger   | 133.0     | 1.0 item   | 0.97                      |
| 18950  | Crackers, wheat, reduced fat  | 29.0      | 1.0 serving  | 0.97                      |
| 22954  | Egg rolls, chicken, refrigerated, heated  | 80.0      | 1.0 roll   | 0.96                      |
| 21413  | Light Ice Cream, soft serve, blended with cookie pieces                                   | 337.0     | 12.0 fl oz cup   | 0.94                      |
| 21339  | McDONALD'S, McFLURRY with OREO cookies  | 337.0     | 1.0 regular (12 fl oz)                                 | 0.94                      |
| 36403  | Restaurant, Latino, empanadas, beef, prepared   | 89.0      | 1.0 piece  | 0.94                      |
| 21350  | McDONALD'S, BIG MAC (without Big Mac Sauce)   | 200.0     | 1.0 item   | 0.94                      |
| 21280  | DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust                                   | 113.0     | 1.0 slice  | 0.94                      |
| 18964  | Cinnamon buns, frosted (includes honey buns)  | 65.0      | 1.0 bun  | 0.93                      |
| 21101  | Fast foods, cheeseburger; triple, regular patty; plain                                    | 249.0     | 1.0 item   | 0.92                      |
| 21124  | Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato           | 196.0     | 6.0 inch sub   | 0.92                      |
| 21213  | SUBWAY, cold cut sub on white bread with lettuce and tomato                               | 196.0     | 6.0 inch sub   | 0.92                      |
| 21096  | Fast foods, cheeseburger; single, large patty; plain                                      | 182.0     | 1.0 sandwich   | 0.91                      |
| 21297  | PIZZA HUT 14" Pepperoni Pizza, Pan Crust  | 113.0     | 1.0 slice  | 0.90                      |
| 03154  | Babyfood, fruit and vegetable, apple and sweet potato                                     | 113.0     | 1.0 jar, Gerber (4 oz)                                 | 0.88                      |
| 21385  | BURGER KING, CROISSAN'WICH with Egg and Cheese  | 110.0     | 1.0 item   | 0.88                      |
| 21214  | SUBWAY, tuna sub on white bread with lettuce and tomato                                   | 237.0     | 6.0 inch sub   | 0.88                      |
| 21126  | Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato               | 237.0     | 6.0 inch sub   | 0.88                      |
| 21498  | PIZZA HUT 14" Sausage Pizza, Pan Crust  | 125.0     | 1.0 slice  | 0.88                      |
| 21022  | Fast foods, english muffin, with egg, cheese, and sausage                                 | 165.0     | 1.0 item   | 0.87                      |
| 22928  | Burrito, beef and bean, microwaved  | 116.0     | 1.0 burrito cooked                                     | 0.87                      |
| 21510  | WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single   | 215.0     | 1.0 sandwich   | 0.86                      |
| 21397  | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise | 215.0     | 1.0 sandwich   | 0.86                      |
| 28285  | Bread, chapati or roti, whole wheat, commercially prepared, frozen                        | 43.0      | 1.0 piece  | 0.85                      |
| 21359  | McDONALD'S, Sausage McMUFFIN with Egg   | 165.0     | 1.0 item 5.8 oz  | 0.84                      |
| 21020  | Fast foods, english muffin, with cheese and sausage                                       | 108.0     | 1.0 item   | 0.83                      |
| 18232  | Crackers, wheat, regular  | 34.0      | 16.0 crackers 1 serving                                | 0.82                      |
| 28312  | Rolls, hamburger or hot dog, wheat/cracked wheat  | 51.0      | 1.0 roll   | 0.82                      |
| 28313  | Rolls, hamburger or hot dog, whole wheat  | 56.0      | 1.0 roll   | 0.81                      |

| NDB_No | Description   | Weight(g) | Measure                               | Maltose(g)<br>Per Measure |
|--------|---|-----------|---------------------------------------|---------------------------|
| 18959  | Pastry, Pastelitos de Guava (guava pastries)  | 86.0      | 1.0 piece                             | 0.80                      |
| 21393  | Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce | 205.0     | 1.0 item                              | 0.80                      |
| 21270  | TACO BELL, Taco Salad   | 533.0     | 1.0 item                              | 0.80                      |
| 21264  | TACO BELL, Bean Burrito   | 185.0     | 1.0 each burrito                      | 0.80                      |
| 21061  | Fast foods, burrito, with beans and cheese  | 185.0     | 1.0 each burrito                      | 0.80                      |
| 21286  | PAPA JOHN'S 14" Cheese Pizza, Thin Crust  | 87.0      | 1.0 slice                             | 0.79                      |
| 21358  | McDONALD'S, Sausage McMUFFIN  | 115.0     | 1.0 item 4 oz                         | 0.78                      |
| 21488  | Fast foods, quesadilla, with chicken  | 180.0     | 1.0 each quesadilla                   | 0.77                      |
| 32002  | Rice and vermicelli mix, rice pilaf flavor, unprepared  | 68.0      | 0.333 cup                             | 0.77                      |
| 21496  | PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust   | 92.0      | 1.0 slice                             | 0.74                      |
| 25037  | Snacks, pita chips, salted  | 28.35     | 1.0 oz                                | 0.73                      |
| 21092  | Fast foods, cheeseburger; double, regular patty; plain  | 149.0     | 1.0 item                              | 0.73                      |
| 21110  | Fast foods, hamburger; double, regular, patty; plain  | 120.0     | 1.0 item                              | 0.72                      |
| 21357  | McDONALD'S, Egg McMUFFIN  | 126.0     | 1.0 sandwich                          | 0.72                      |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon                                  | 126.0     | 1.0 sandwich                          | 0.72                      |
| 21230  | Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise                            | 152.0     | 1.0 sandwich                          | 0.71                      |
| 21295  | PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust  | 79.0      | 1.0 slice                             | 0.71                      |
| 21273  | PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust  | 69.0      | 1.0 slice                             | 0.71                      |
| 21491  | PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust   | 80.0      | 1.0 slice                             | 0.70                      |
| 22955  | Egg rolls, vegetable, frozen, prepared  | 68.0      | 1.0 egg roll                          | 0.69                      |
| 21240  | WENDY'S, CLASSIC SINGLE Hamburger, with cheese  | 236.0     | 1.0 item                              | 0.68                      |
| 21508  | WEND'YS, Crispy Chicken Sandwich  | 126.0     | 1.0 sandwich                          | 0.67                      |
| 09314  | Sapote, mamey, raw  | 175.0     | 1.0 cup 1" pieces                     | 0.66                      |
| 21307  | Fast foods, griddle cake sandwich, egg, cheese, and bacon   | 174.0     | 1.0 item 6.1 oz                       | 0.66                      |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked                              | 51.0      | 1.0 biscuit                           | 0.65                      |
| 32018  | Spanish rice mix, dry mix, unprepared   | 70.0      | 0.5 cup                               | 0.65                      |
| 21306  | Fast foods, griddle cake sandwich, sausage  | 135.0     | 1.0 item                              | 0.65                      |
| 21328  | McDONALD'S, Sausage McGRIDDLES  | 135.0     | 1.0 item                              | 0.65                      |
| 21506  | BURGER KING, Double Cheeseburger  | 162.0     | 1.0 sandwich                          | 0.65                      |
| 35144  | Stew, dumpling with mutton (Navajo)   | 308.0     | 1.0 serving                           | 0.65                      |
| 21329  | McDONALD'S, Sausage, Egg & Cheese McGRIDDLES  | 199.0     | 1.0 item 7 oz                         | 0.64                      |
| 21305  | Fast foods, griddle cake sandwich, egg, cheese, and sausage                                       | 199.0     | 1.0 item                              | 0.64                      |
| 18955  | Bread, pan dulce, sweet yeast bread   | 63.0      | 1.0 slice (average weight of 1 slice) | 0.64                      |
| 21202  | Fast foods, hamburger, large, single patty, with condiments                                       | 171.0     | 1.0 item                              | 0.63                      |
| 21327  | McDONALD'S, Bacon, Egg & Cheese McGRIDDLES  | 165.0     | 1.0 item 5.8 oz                       | 0.63                      |
| 08575  | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt      | 231.0     | 1.0 cup                               | 0.62                      |



| NDB_No | Description   | Weight(g) | Measure   | Maltose(g)<br>Per Measure |
|--------|---|-----------|---|---------------------------|
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                                   | 28.35     | 1.0 oz  | 0.62                      |
| 21108  | Fast foods, hamburger; single, regular patty; with condiments   | 97.0      | 1.0 sandwich                                    | 0.61                      |
| 21090  | Fast foods, cheeseburger; single, regular patty, with condiments                                      | 127.0     | 1.0 item  | 0.61                      |
| 21224  | Pizza, cheese topping, regular crust, frozen, cooked  | 81.0      | 1.0 serving 9 servings per 24 oz package        | 0.60                      |
| 21228  | McDONALD'S, Hamburger   | 95.0      | 1.0 sandwich                                    | 0.60                      |
| 21483  | Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust  | 88.0      | 1.0 slice                                       | 0.60                      |
| 21241  | WENDY'S, Jr. Hamburger, without cheese  | 117.0     | 1.0 item  | 0.60                      |
| 21250  | BURGER KING, Hamburger  | 99.0      | 1.0 sandwich                                    | 0.59                      |
| 21094  | Fast foods, cheeseburger, double, regular patty and bun, with condiments                              | 155.0     | 1.0 sandwich                                    | 0.59                      |
| 21395  | Fast foods, cheeseburger; double, regular patty; with condiments                                      | 155.0     | 1.0 sandwich                                    | 0.59                      |
| 21505  | Pizza, cheese topping, thin crust, frozen, cooked   | 69.0      | 1.0 slice                                       | 0.59                      |
| 21507  | WENDY'S, Double Stack, with cheese  | 146.0     | 1.0 sandwich                                    | 0.58                      |
| 20109  | Noodles, egg, dry, enriched   | 38.0      | 1.0 cup   | 0.58                      |
| 18927  | Crackers, cheese, sandwich-type with cheese filling   | 39.0      | 6.0 cracker 1 cracker = 6.5g                    | 0.58                      |
| 20136  | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked                            | 116.0     | 1.0 cup spaghetti not packed                    | 0.58                      |
| 18376  | Bread crumbs, dry, grated, seasoned   | 28.35     | 1.0 oz  | 0.58                      |
| 06128  | Soup, chicken noodle, dry, mix  | 74.0      | 1.0 packet                                      | 0.58                      |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese   | 134.0     | 1.0 sandwich                                    | 0.58                      |
| 21232  | McDONALD'S, FILET-O-FISH  | 134.0     | 1.0 sandwich                                    | 0.58                      |
| 16069  | Lentils, raw  | 192.0     | 1.0 cup   | 0.58                      |
| 32021  | Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine) | 198.0     | 1.0 cup   | 0.57                      |
| 20409  | Noodles, egg, dry, unenriched   | 38.0      | 1.0 cup   | 0.57                      |
| 21344  | McDONALD'S, Double Cheeseburger   | 155.0     | 1.0 sandwich                                    | 0.57                      |
| 21336  | McDONALD'S, Hot Fudge Sundae  | 179.0     | 1.0 item (6.3 oz)                               | 0.57                      |
| 07968  | Kielbasa, fully cooked, grilled   | 85.0      | 3.0 oz  | 0.57                      |
| 21485  | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust                                      | 79.0      | 1.0 slice                                       | 0.57                      |
| 18960  | Crackers, snack, GOYA CRACKERS  | 30.0      | 1.0 serving (1 NLEA serving - about 4 crackers) | 0.56                      |
| 21355  | McDONALD'S, McCHICKEN Sandwich  | 131.0     | 1.0 sandwich                                    | 0.56                      |
| 21301  | Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust   | 76.0      | 1.0 slice                                       | 0.55                      |
| 21400  | Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce  | 219.0     | 1.0 item  | 0.55                      |
| 18214  | Crackers, cheese, regular   | 14.2      | 0.5 oz  | 0.55                      |
| 18079  | Bread crumbs, dry, grated, plain  | 28.35     | 1.0 oz  | 0.54                      |
| 22973  | Corn dogs, frozen, prepared   | 78.0      | 1.0 corn dog                                    | 0.54                      |
| 28337  | Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca                          | 35.0      | 1.0 slice                                       | 0.54                      |
| 21024  | Fast foods, french toast sticks   | 65.0      | 3.0 pieces                                      | 0.53                      |
| 21130  | Fast foods, onion rings, breaded and fried  | 117.0     | 1.0 package (18 onion rings)                    | 0.53                      |

| NDB_No | Description   | Weight(g) | Measure                           | Maltose(g)<br>Per Measure |
|--------|---|-----------|-----------------------------------|---------------------------|
| 21334  | McDONALD'S, Strawberry Sundae   | 178.0     | 1.0 item (6.3 oz)                 | 0.52                      |
| 18036  | Bread, multi-grain, toasted (includes whole-grain)  | 28.35     | 1.0 oz                            | 0.52                      |
| 22919  | Macaroni and Cheese, canned, microwavable   | 213.0     | 7.5 oz 1 serving                  | 0.51                      |
| 32005  | Macaroni and cheese, box mix with cheese sauce, prepared                                    | 189.0     | 1.0 cup prepared                  | 0.51                      |
| 18064  | Bread, wheat  | 29.0      | 1.0 slice                         | 0.50                      |
| 20321  | Pasta, cooked, enriched, with added salt  | 124.0     | 1.0 cup spaghetti not packed      | 0.50                      |
| 20521  | Pasta, cooked, unenriched, with added salt  | 124.0     | 1.0 cup spaghetti not packed      | 0.50                      |
| 20121  | Pasta, cooked, enriched, without added salt   | 124.0     | 1.0 cup spaghetti not packed      | 0.50                      |
| 20421  | Pasta, cooked, unenriched, without added salt   | 124.0     | 1.0 cup spaghetti not packed      | 0.50                      |
| 35201  | Prairie Turnips, boiled (Northern Plains Indians)   | 14.0      | 1.0 bulb                          | 0.49                      |
| 36016  | Restaurant, family style, shrimp, breaded and fried   | 169.0     | 1.0 serving                       | 0.49                      |
| 22247  | Macaroni and Cheese, canned entree  | 244.0     | 1.0 serving                       | 0.49                      |
| 22971  | Potato salad with egg   | 125.0     | 0.5 cup                           | 0.49                      |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)                            | 29.0      | 1.0 slice                         | 0.48                      |
| 06982  | Soup, ramen noodle, beef flavor, dry  | 82.0      | 1.0 package without flavor packet | 0.48                      |
| 18361  | Toaster pastries, brown-sugar-cinnamon  | 28.35     | 1.0 oz                            | 0.48                      |
| 20110  | Noodles, egg, enriched, cooked  | 160.0     | 1.0 cup                           | 0.48                      |
| 20310  | Noodles, egg, cooked, enriched, with added salt   | 160.0     | 1.0 cup                           | 0.48                      |
| 20510  | Noodles, egg, cooked, unenriched, with added salt   | 160.0     | 1.0 cup                           | 0.48                      |
| 20410  | Noodles, egg, unenriched, cooked, without added salt  | 160.0     | 1.0 cup                           | 0.48                      |
| 21239  | WENDY'S, CLASSIC SINGLE Hamburger, no cheese  | 218.0     | 1.0 item                          | 0.48                      |
| 21520  | Fast foods, breadstick, soft, prepared with garlic and parmesan cheese                      | 43.0      | 1.0 breadstick                    | 0.48                      |
| 21525  | PIZZA HUT, breadstick, parmesan garlic  | 43.0      | 1.0 breadstick                    | 0.48                      |
| 21321  | McDONALD'S, Hotcakes (plain)  | 149.0     | 3.0 hotcakes 5.3 oz               | 0.48                      |
| 36410  | Restaurant, Latino, pupusas del cerdo (pupusas, pork)                                       | 122.0     | 1.0 piece                         | 0.48                      |
| 28397  | Bread, multi-grain (includes whole-grain)   | 28.35     | 1.0 oz                            | 0.47                      |
| 20125  | Pasta, whole-wheat, cooked  | 117.0     | 1.0 cup spaghetti not packed      | 0.47                      |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS   | 27.0      | 0.75 cup (1 NLEA serving)         | 0.47                      |
| 22999  | Rice and vermicelli mix, chicken flavor, prepared with 80% margarine                        | 233.0     | 1.0 cup                           | 0.47                      |
| 21243  | WENDY'S, CLASSIC DOUBLE, with cheese  | 310.0     | 1.0 item                          | 0.46                      |
| 22998  | Rice and vermicelli mix, chicken flavor, unprepared   | 56.0      | 0.333 cup                         | 0.46                      |
| 20652  | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked                    | 116.0     | 1.0 cup spaghetti not packed      | 0.46                      |
| 11940  | Pickles, cucumber, sweet (includes bread and butter pickles)                                | 160.0     | 1.0 cup, chopped                  | 0.46                      |
| 22976  | Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees | 159.0     | 1.0 cup                           | 0.46                      |
| 32036  | JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared                  | 128.0     | 1.0 biscuit                       | 0.46                      |
| 06583  | Soup, ramen noodle, any flavor, dry   | 81.0      | 1.0 package without flavor packet | 0.45                      |

| NDB_No | Description  | Weight(g) | Measure   | Maltose(g)<br>Per Measure |
|--------|--|-----------|---|---------------------------|
| 32032  | Sausage, egg and cheese breakfast biscuit                                      | 126.0     | 1.0 biscuit   | 0.45                      |
| 21492  | DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust                               | 79.0      | 1.0 slice   | 0.45                      |
| 36049  | ON THE BORDER, cheese enchilada  | 250.0     | 1.0 serving serving size varied from 1 to 3<br>enchiladas | 0.45                      |
| 43570  | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted               | 30.0      | 0.75 cup (1 NLEA serving)                                 | 0.45                      |
| 21493  | DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust                                 | 78.0      | 1.0 slice   | 0.44                      |
| 21107  | Fast foods, hamburger; single, regular patty; plain                            | 78.0      | 1.0 sandwich  | 0.44                      |
| 06983  | Soup, ramen noodle, chicken flavor, dry  | 81.0      | 1.0 package without flavor packet                         | 0.43                      |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)              | 28.35     | 1.0 oz  | 0.43                      |
| 21340  | McDONALD'S, Sausage Burrito  | 109.0     | 1.0 burrito   | 0.43                      |
| 21519  | Fast foods, breakfast burrito, with egg, cheese, and sausage                   | 109.0     | 1.0 burrito   | 0.43                      |
| 21267  | TACO BELL, BURRITO SUPREME with steak  | 248.0     | 1.0 item  | 0.42                      |
| 21089  | Fast foods, cheeseburger; single, regular patty; plain                         | 91.0      | 1.0 sandwich  | 0.42                      |
| 22970  | Macaroni and cheese, frozen entree   | 137.0     | 1.0 cup   | 0.41                      |
| 21509  | BURGER KING, Onion Rings   | 91.0      | 1.0 small   | 0.41                      |
| 36409  | Restaurant, Latino, pupusas con queso (pupusas, cheese)                        | 117.0     | 1.0 piece   | 0.41                      |
| 35147  | Tamales (Navajo)   | 186.0     | 1.0 piece   | 0.41                      |
| 32003  | Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine        | 238.0     | 1.0 cup   | 0.40                      |
| 36408  | Restaurant, Latino, pupusas con frijoles (pupusas, bean)                       | 126.0     | 1.0 piece   | 0.40                      |
| 36029  | DENNY'S, fish fillet, battered or breaded, fried                               | 201.0     | 1.0 serving   | 0.40                      |
| 36415  | Restaurant, Latino, arepa (unleavened cornmeal bread)                          | 98.0      | 1.0 piece   | 0.40                      |
| 21279  | DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust                                  | 70.0      | 1.0 slice   | 0.40                      |
| 18961  | Crackers, cream, GAMESA SABROSAS   | 31.0      | 11.0 crackers (1 NLEA serving)                            | 0.39                      |
| 21524  | McDONALD'S, RANCH SNACK WRAP, Grilled  | 123.0     | 1.0 wrap  | 0.39                      |
| 21518  | Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce | 123.0     | 1.0 item  | 0.39                      |
| 21262  | TACO BELL, Soft Taco with chicken, cheese and lettuce                          | 98.0      | 1.0 each taco   | 0.39                      |
| 21487  | Fast foods, taco with chicken, lettuce and cheese, soft                        | 98.0      | 1.0 each taco   | 0.39                      |
| 21517  | Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce  | 133.0     | 1.0 item  | 0.39                      |
| 21523  | McDONALD'S, RANCH SNACK WRAP, Crispy   | 133.0     | 1.0 wrap  | 0.39                      |
| 03274  | Babyfood, dinner, vegetables and chicken, junior                               | 256.0     | 1.0 cup   | 0.38                      |
| 09353  | Blueberries, wild, canned, heavy syrup, drained                                | 319.0     | 1.0 cup   | 0.38                      |
| 07970  | Kielbasa, fully cooked, unheated   | 85.0      | 3.0 oz  | 0.38                      |
| 21261  | TACO BELL, Soft Taco with beef, cheese and lettuce                             | 102.0     | 1.0 each taco   | 0.38                      |
| 21486  | Fast foods, taco with beef, cheese and lettuce, soft                           | 102.0     | 1.0 each taco   | 0.38                      |
| 06618  | Sauce, peanut, made from coconut, water, sugar, peanuts                        | 17.0      | 1.0 tbsp  | 0.37                      |
| 21266  | TACO BELL, BURRITO SUPREME with chicken  | 248.0     | 1.0 item  | 0.37                      |

| NDB_No | Description  | Weight(g) | Measure                    | Maltose(g)<br>Per Measure |
|--------|--|-----------|----------------------------|---------------------------|
| 19283  | Frozen novelties, ice type, pop  | 52.0      | 1.0 serving 1.75 fl oz pop | 0.37                      |
| 16425  | Soy sauce, reduced sodium, made from hydrolyzed vegetable protein                  | 15.0      | 1.0 tbsp                   | 0.36                      |
| 11905  | Corn, sweet, white, canned, whole kernel, drained solids                           | 164.0     | 1.0 cup                    | 0.36                      |
| 32007  | Taquitos, frozen, beef and cheese, oven-heated                                     | 42.0      | 1.0 piece                  | 0.35                      |
| 21028  | Fast foods, vanilla, light, soft-serve ice cream, with cone                        | 120.0     | 1.0 item                   | 0.35                      |
| 11180  | Corn, sweet, yellow, frozen, kernels on cob, unprepared                            | 165.0     | 1.0 cup kernels            | 0.35                      |
| 21244  | WENDY'S, Homestyle Chicken Fillet Sandwich   | 230.0     | 1.0 item                   | 0.34                      |
| 22975  | Chicken, nuggets, white meat, precooked, frozen, not reheated                      | 82.0      | 1.0 serving                | 0.34                      |
| 09148  | Kiwifruit, green, raw  | 180.0     | 1.0 cup, sliced            | 0.34                      |
| 21245  | WENDY'S, Ultimate Chicken Grill Sandwich   | 225.0     | 1.0 item                   | 0.34                      |
| 14239  | Alcoholic beverage, malt beer, hard lemonade                                       | 335.0     | 11.2 fl oz                 | 0.34                      |
| 36609  | CRACKER BARREL, macaroni n' cheese plate, from kid's menu                          | 257.0     | 1.0 serving                | 0.33                      |
| 15027  | Fish, fish sticks, frozen, prepared  | 57.0      | 1.0 piece (4" x 2" x 1/2") | 0.33                      |
| 11775  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt    | 165.0     | 1.0 cup kernels            | 0.33                      |
| 21415  | POPEYES, biscuit   | 60.0      | 1.0 biscuit                | 0.33                      |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 165.0     | 1.0 cup kernels            | 0.33                      |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original                         | 31.0      | 0.5 cup (1 NLEA serving)   | 0.33                      |
| 32006  | Taquitos, frozen, chicken and cheese, oven-heated                                  | 42.0      | 1.0 piece                  | 0.33                      |
| 18075  | Bread, whole-wheat, commercially prepared  | 32.0      | 1.0 slice                  | 0.33                      |
| 18055  | Bread, reduced-calorie, wheat  | 28.35     | 1.0 oz                     | 0.32                      |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven                  | 48.0      | 1.0 cup                    | 0.32                      |
| 21292  | LITTLE CAESARS 14" Cheese Pizza, Thin Crust  | 48.0      | 1.0 slice                  | 0.32                      |
| 19047  | Snacks, pretzels, hard, plain, salted  | 28.35     | 1.0 oz                     | 0.31                      |
| 28348  | Rolls, dinner, sweet   | 30.0      | 1.0 roll                   | 0.31                      |
| 03054  | Babyfood, dinner, vegetables and beef, junior                                      | 256.0     | 1.0 cup                    | 0.31                      |
| 03053  | Babyfood, dinner, vegetables and beef, strained                                    | 256.0     | 1.0 cup                    | 0.31                      |
| 03048  | Babyfood, macaroni and cheese, toddler   | 113.0     | 1.0 container              | 0.31                      |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery      | 144.0     | 1.0 piece (1/12 of a cake) | 0.30                      |
| 11378  | Potatoes, mashed, dehydrated, flakes without milk, dry form                        | 60.0      | 1.0 cup                    | 0.30                      |
| 20022  | Cornmeal, degermed, enriched, yellow   | 157.0     | 1.0 cup                    | 0.30                      |
| 20322  | Cornmeal, degermed, enriched, white  | 157.0     | 1.0 cup                    | 0.30                      |
| 20522  | Cornmeal, degermed, unenriched, white  | 157.0     | 1.0 cup                    | 0.30                      |
| 20422  | Cornmeal, degermed, unenriched, yellow   | 157.0     | 1.0 cup                    | 0.30                      |
| 21005  | Fast Foods, biscuit, with egg and sausage  | 162.0     | 1.0 item                   | 0.29                      |
| 21007  | Fast foods, biscuit, with egg, cheese, and bacon                                   | 145.0     | 1.0 item                   | 0.29                      |
| 11305  | Peas, green, cooked, boiled, drained, without salt                                 | 160.0     | 1.0 cup                    | 0.29                      |

| NDB_No | Description  | Weight(g) | Measure                   | Maltose(g)<br>Per Measure |
|--------|--|-----------|---------------------------|---------------------------|
| 11811  | Peas, green, cooked, boiled, drained, with salt  | 160.0     | 1.0 cup                   | 0.29                      |
| 22974  | Chicken, nuggets, dark and white meat, precooked, frozen, not reheated                         | 87.0      | 1.0 serving               | 0.29                      |
| 21142  | Fast food, biscuit   | 55.0      | 1.0 biscuit               | 0.29                      |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack   | 256.0     | 1.0 cup                   | 0.28                      |
| 11772  | Corn, sweet, yellow, canned, cream style, no salt added  | 256.0     | 1.0 cup                   | 0.28                      |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt                | 165.0     | 1.0 cup                   | 0.28                      |
| 11774  | Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt                  | 165.0     | 1.0 cup                   | 0.28                      |
| 18326  | Pie, pumpkin, commercially prepared  | 28.35     | 1.0 oz                    | 0.27                      |
| 36038  | Restaurant, family style, spaghetti and meatballs  | 134.0     | 1.0 cup                   | 0.27                      |
| 21333  | McDONALD'S, Vanilla Reduced Fat Ice Cream Cone   | 90.0      | 1.0 item (3.2 oz)         | 0.26                      |
| 07971  | Bologna, meat and poultry  | 33.0      | 1.0 slice                 | 0.25                      |
| 09416  | Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY                                     | 247.0     | 1.0 cup                   | 0.25                      |
| 11304  | Peas, green, raw   | 145.0     | 1.0 cup                   | 0.25                      |
| 21419  | KFC, biscuit   | 49.0      | 1.0 biscuit               | 0.24                      |
| 18425  | Crackers, saltines, low salt (includes oyster, soda, soup)                                     | 14.2      | 0.5 oz                    | 0.24                      |
| 21324  | McDONALD'S, Baked Apple Pie  | 77.0      | 2.7 oz                    | 0.24                      |
| 36416  | Restaurant, Latino, bunuelos (fried yeast bread)   | 70.0      | 1.0 piece                 | 0.24                      |
| 10870  | Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil    | 138.0     | 1.0 slice                 | 0.23                      |
| 36613  | DENNY'S, macaroni & cheese, from kid's menu  | 180.0     | 1.0 serving               | 0.23                      |
| 10921  | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 136.0     | 1.0 slice                 | 0.23                      |
| 11178  | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared                                   | 136.0     | 1.0 cup                   | 0.23                      |
| 03085  | Babyfood, dinner, vegetables and turkey, junior  | 256.0     | 1.0 cup                   | 0.23                      |
| 07972  | Meatballs, frozen, Italian style   | 85.0      | 3.0 oz                    | 0.23                      |
| 09427  | Abiyuch, raw   | 114.0     | 0.5 cup                   | 0.23                      |
| 36040  | CRACKER BARREL, macaroni n' cheese   | 175.0     | 1.0 serving               | 0.23                      |
| 36033  | Restaurant, family style, fish fillet, battered or breaded, fried                              | 226.0     | 1.0 serving               | 0.23                      |
| 18967  | Bread, white wheat   | 28.0      | 1.0 slice                 | 0.22                      |
| 16011  | Beans, baked, canned, with pork and tomato sauce   | 246.0     | 1.0 cup                   | 0.22                      |
| 19856  | Frozen novelties, juice type, POPSICLE SCRIBBLERS  | 33.0      | 1.0 serving 1.2 fl oz pop | 0.22                      |
| 12065  | Nuts, almonds, oil roasted, without salt added   | 157.0     | 1.0 cup whole kernels     | 0.22                      |
| 12565  | Nuts, almonds, oil roasted, with salt added  | 157.0     | 1.0 cup whole kernels     | 0.22                      |
| 12665  | Nuts, almonds, oil roasted, lightly salted   | 157.0     | 1.0 cup whole kernels     | 0.22                      |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                | 40.0      | 1.0 donut                 | 0.22                      |
| 21263  | TACO BELL, Soft Taco with steak  | 127.0     | 1.0 item                  | 0.22                      |
| 21009  | Fast foods, biscuit, with sausage  | 111.0     | 1.0 item                  | 0.21                      |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack   | 210.0     | 1.0 cup                   | 0.21                      |

| NDB_No | Description   | Weight(g) | Measure                    | Maltose(g)<br>Per Measure |
|--------|---|-----------|----------------------------|---------------------------|
| 21388  | Fast foods, miniature cinnamon rolls  | 25.0      | 1.0 each                   | 0.21                      |
| 11773  | Corn, sweet, yellow, canned, vacuum pack, no salt added                                   | 210.0     | 1.0 cup                    | 0.21                      |
| 12151  | Nuts, pistachio nuts, raw   | 123.0     | 1.0 cup                    | 0.21                      |
| 12062  | Nuts, almonds, blanched   | 145.0     | 1.0 cup whole kernels      | 0.20                      |
| 18120  | Cake, pound, commercially prepared, butter (includes fresh and frozen)                    | 61.0      | 0.167 loaf 1/6 of the loaf | 0.20                      |
| 27002  | Soup, wonton, Chinese restaurant  | 223.0     | 1.0 cup                    | 0.20                      |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN                                      | 59.0      | 1.0 cup ( 1 NLEA serving)  | 0.19                      |
| 36027  | DENNY'S, chicken strips   | 194.0     | 1.0 serving                | 0.19                      |
| 04367  | Salad dressing, french dressing, fat-free   | 16.0      | 1.0 tablespoon             | 0.19                      |
| 21242  | WENDY'S, Jr. Hamburger, with cheese   | 129.0     | 1.0 item                   | 0.19                      |
| 04638  | Salad dressing, ranch dressing, fat-free  | 14.0      | 1.0 tablespoon             | 0.19                      |
| 11090  | Broccoli, raw   | 91.0      | 1.0 cup chopped            | 0.19                      |
| 21316  | McDONALD'S, Tangy Honey Mustard Sauce   | 43.0      | 1.5 oz                     | 0.19                      |
| 36008  | T.G.I. FRIDAY'S, fried mozzarella   | 35.0      | 1.0 piece                  | 0.19                      |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                                   | 30.0      | 0.75 cup ( 1 NLEA serving) | 0.19                      |
| 11383  | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 210.0     | 1.0 cup                    | 0.19                      |
| 36004  | APPLEBEE'S, mozzarella sticks   | 32.0      | 1.0 piece                  | 0.19                      |
| 36617  | Restaurant, Chinese, lemon chicken  | 623.0     | 1.0 order                  | 0.19                      |
| 28356  | GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme                                     | 44.0      | 3.0 cookies                | 0.18                      |
| 28332  | Cookies, gluten-free, chocolate sandwich, with creme filling                              | 44.0      | 3.0 cookies                | 0.18                      |
| 11546  | Tomato products, canned, paste, without salt added  | 66.0      | 0.25 cup                   | 0.18                      |
| 11170  | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids                 | 256.0     | 1.0 cup                    | 0.18                      |
| 11771  | Corn, sweet, yellow, canned, no salt added, solids and liquids                            | 256.0     | 1.0 cup                    | 0.18                      |
| 08025  | Cereals ready-to-eat, RALSTON CRISP RICE  | 33.0      | 1.25 cup (1 NLEA serving)  | 0.18                      |
| 09087  | Dates, deglet noor  | 147.0     | 1.0 cup, chopped           | 0.18                      |
| 14257  | Beverages, OCEAN SPRAY, Light Cranberry   | 248.0     | 8.0 fl oz                  | 0.17                      |
| 21091  | Fast foods, cheeseburger; single, regular patty, with condiments and vegetables           | 115.0     | 1.0 sandwich               | 0.17                      |
| 21386  | BURGER KING, french toast sticks  | 21.0      | 1.0 stick                  | 0.17                      |
| 09401  | Applesauce, canned, unsweetened, with added ascorbic acid                                 | 244.0     | 1.0 cup                    | 0.17                      |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)    | 244.0     | 1.0 cup                    | 0.17                      |
| 03089  | Babyfood, dinner, macaroni and cheese, strained   | 28.35     | 1.0 oz                     | 0.17                      |
| 14292  | Lemonade, frozen concentrate, white   | 36.5      | 1.0 fl oz                  | 0.17                      |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery           | 138.0     | 1.0 piece (1/12 of a cake) | 0.17                      |
| 09070  | Cherries, sweet, raw  | 138.0     | 1.0 cup, with pits, yields | 0.17                      |
| 14542  | Lemonade, frozen concentrate, pink  | 36.4      | 1.0 fl oz                  | 0.16                      |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added  | 123.0     | 1.0 cup                    | 0.16                      |

| NDB_No | Description  | Weight(g) | Measure                                | Maltose(g)<br>Per Measure |
|--------|--|-----------|--|---------------------------|
| 12152  | Nuts, pistachio nuts, dry roasted, without salt added  | 123.0     | 1.0 cup                                | 0.16                      |
| 21522  | McDONALD'S, Southern Style Chicken Biscuit   | 132.0     | 1.0 biscuit regular size biscuit       | 0.16                      |
| 21010  | Fast foods, biscuit, with crispy chicken fillet  | 132.0     | 1.0 item                               | 0.16                      |
| 03114  | Babyfood, vegetable, butternut squash and corn   | 113.0     | 1.0 jar, Gerber (4 oz)                 | 0.16                      |
| 01210  | Egg Mix, USDA Commodity  | 8.6       | 1.0 tbsp                               | 0.16                      |
| 18954  | Bread, pound cake type, pan de torta salvadoran  | 55.0      | 1.0 serving                            | 0.15                      |
| 04635  | Salad dressing, thousand island dressing, fat-free   | 16.0      | 1.0 tbsp                               | 0.15                      |
| 17101  | Veal, leg (top round), separable lean only, cooked, pan-fried, breaded                       | 85.0      | 3.0 oz                                 | 0.15                      |
| 17096  | Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded                    | 85.0      | 3.0 oz                                 | 0.15                      |
| 07962  | Frankfurter, meat and poultry, unheated  | 51.0      | 1.0 frankfurter                        | 0.15                      |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                                   | 89.0      | 1.0 ear small (5-1/2" to 6-1/2" long)  | 0.15                      |
| 11770  | Corn, sweet, yellow, cooked, boiled, drained, with salt                                      | 89.0      | 1.0 ear small (5-1/2" to 6-1/2" long)  | 0.15                      |
| 18228  | Crackers, saltines (includes oyster, soda, soup)   | 14.9      | 5.0 crackers                           | 0.15                      |
| 07963  | Frankfurter, meat and poultry, cooked, boiled  | 50.0      | 1.0 frankfurter                        | 0.14                      |
| 07964  | Frankfurter, meat and poultry, cooked, grilled   | 48.0      | 1.0 frankfurter                        | 0.14                      |
| 18274  | Muffins, blueberry, commercially prepared (Includes mini-muffins)                            | 28.35     | 1.0 oz                                 | 0.13                      |
| 20065  | Rye flour, light   | 102.0     | 1.0 cup                                | 0.13                      |
| 09279  | Plums, raw   | 165.0     | 1.0 cup, sliced                        | 0.13                      |
| 11172  | Corn, sweet, yellow, canned, whole kernel, drained solids                                    | 164.0     | 1.0 cup                                | 0.13                      |
| 20647  | Millet flour   | 119.0     | 1.0 cup                                | 0.13                      |
| 03189  | Babyfood, cereal, oatmeal, dry fortified   | 3.2       | 1.0 tbsp                               | 0.13                      |
| 19033  | Snacks, GENERAL MILLS, CHEX MIX, traditional flavor  | 28.35     | 1.0 oz                                 | 0.13                      |
| 10922  | Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted | 85.0      | 1.0 serving (3 oz)                     | 0.13                      |
| 10871  | Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted    | 85.0      | 1.0 serving (3 oz)                     | 0.13                      |
| 18953  | Bread, salvadoran sweet cheese (quesadilla salvadorena)                                      | 55.0      | 1.0 serving (approximate serving size) | 0.13                      |
| 21310  | McDONALD'S, Barbeque Sauce   | 28.0      | 1.0 package                            | 0.13                      |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210.0     | 1.0 cup                                | 0.13                      |
| 18962  | Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS   | 32.0      | 10.0 crackers (1 NLEA serving)         | 0.12                      |
| 12063  | Nuts, almonds, dry roasted, without salt added   | 138.0     | 1.0 cup whole kernels                  | 0.12                      |
| 12563  | Nuts, almonds, dry roasted, with salt added  | 138.0     | 1.0 cup whole kernels                  | 0.12                      |
| 28342  | Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour     | 69.0      | 1.0 roll                               | 0.12                      |
| 28354  | ANDREA'S, Gluten Free Soft Dinner Roll   | 69.0      | 1.0 roll                               | 0.12                      |
| 21315  | McDONALD'S, Sweet 'N Sour Sauce  | 28.0      | 1.0 package                            | 0.12                      |
| 09236  | Peaches, yellow, raw   | 154.0     | 1.0 cup slices                         | 0.12                      |
| 03120  | Babyfood, vegetables, corn, creamed, junior  | 240.0     | 1.0 cup                                | 0.12                      |
| 07007  | Bologna, beef  | 30.0      | 1.0 slice                              | 0.12                      |

| NDB_No | Description  | Weight(g) | Measure                                    | Maltose(g)<br>Per Measure |
|--------|--|-----------|--|---------------------------|
| 18934  | Waffle, buttermilk, frozen, ready-to-heat, microwaved                              | 35.0      | 1.0 waffle                                 | 0.12                      |
| 10872  | Pork, cured, ham and water product, whole, boneless, separable lean only, unheated | 85.0      | 3.0 oz                                     | 0.12                      |
| 07021  | Dutch brand loaf, chicken, pork and beef   | 38.0      | 1.0 slice                                  | 0.12                      |
| 18932  | Waffles, buttermilk, frozen, ready-to-heat   | 39.0      | 1.0 waffle, square                         | 0.11                      |
| 03096  | Babyfood, vegetable, green beans and potatoes                                      | 113.0     | 1.0 jar, Gerber (4 oz)                     | 0.11                      |
| 08506  | Cereals ready-to-eat, RALSTON Corn Flakes  | 28.0      | 1.0 cup (1 NLEA serving)                   | 0.11                      |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling                         | 14.2      | 0.5 oz                                     | 0.11                      |
| 16125  | Soy sauce made from hydrolyzed vegetable protein                                   | 18.0      | 1.0 tbsp                                   | 0.11                      |
| 08504  | Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes                           | 29.0      | 1.0 serving (NLEA serving size = 0.75 cup) | 0.11                      |
| 11312  | Peas, green, frozen, unprepared  | 134.0     | 1.0 cup                                    | 0.11                      |
| 11177  | Corn, sweet, yellow, canned, drained solids, rinsed with tap water                 | 150.0     | 1.0 cup drained, rinsed                    | 0.11                      |
| 09291  | Plums, dried (prunes), uncooked  | 174.0     | 1.0 cup, pitted                            | 0.10                      |
| 21380  | McDONALD'S, Fruit 'n Yogurt Parfait  | 149.0     | 1.0 item 5.2 oz                            | 0.10                      |
| 36604  | CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu                 | 103.0     | 1.0 serving                                | 0.10                      |
| 01057  | Eggnog   | 254.0     | 1.0 cup                                    | 0.10                      |
| 09042  | Blackberries, raw  | 144.0     | 1.0 cup                                    | 0.10                      |
| 07945  | Frankfurter, beef, heated  | 48.0      | 1.0 frankfurter                            | 0.10                      |
| 43406  | Yeast extract spread   | 6.0       | 1.0 tsp                                    | 0.10                      |
| 36017  | Restaurant, family style, macaroni & cheese, from kids' menu                       | 136.0     | 1.0 cup                                    | 0.10                      |
| 09021  | Apricots, raw  | 155.0     | 1.0 cup, halves                            | 0.09                      |
| 09326  | Watermelon, raw  | 154.0     | 1.0 cup, balls                             | 0.09                      |
| 25063  | Snacks, potato chips, made from dried potatoes (preformed), multigrain             | 28.35     | 1.0 oz                                     | 0.09                      |
| 08509  | Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)   | 28.0      | 1.0 cup (1 NLEA serving)                   | 0.09                      |
| 20063  | Rye flour, dark  | 128.0     | 1.0 cup                                    | 0.09                      |
| 01026  | Cheese, mozzarella, whole milk   | 112.0     | 1.0 cup, shredded                          | 0.09                      |
| 18935  | Waffle, plain, frozen, ready-to-heat, microwave                                    | 32.0      | 1.0 waffle, round (4" dia)                 | 0.09                      |
| 07064  | Pork sausage, link/patty, cooked, pan-fried  | 27.0      | 1.0 patty                                  | 0.09                      |
| 11306  | Peas, green, canned, regular pack, solids and liquids                              | 124.0     | 0.5 cup                                    | 0.09                      |
| 11812  | Peas, green, canned, no salt added, solids and liquids                             | 124.0     | 0.5 cup                                    | 0.09                      |
| 18231  | Crackers, standard snack-type, sandwich, with peanut butter filling                | 14.2      | 0.5 oz                                     | 0.08                      |
| 03044  | Babyfood, dinner, macaroni and tomato and beef, strained                           | 16.0      | 1.0 tbsp                                   | 0.08                      |
| 03047  | Babyfood, dinner, beef noodle, strained  | 16.0      | 1.0 tbsp                                   | 0.08                      |
| 21313  | McDONALD'S, Hot Mustard Sauce  | 28.0      | 1.0 package                                | 0.08                      |
| 11814  | Peas, green, frozen, cooked, boiled, drained, with salt                            | 80.0      | 0.5 cup                                    | 0.08                      |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                         | 80.0      | 0.5 cup                                    | 0.08                      |
| 18229  | Crackers, standard snack-type, regular   | 16.0      | 5.0 crackers                               | 0.08                      |



| NDB_No | Description  | Weight(g) | Measure                     | Maltose(g)<br>Per Measure |
|--------|--|-----------|-----------------------------|---------------------------|
| 11813  | Peas, green, canned, no salt added, drained solids                               | 85.0      | 0.5 cup                     | 0.08                      |
| 04023  | Salad dressing, thousand island dressing, reduced fat                            | 15.0      | 1.0 tablespoon              | 0.08                      |
| 18365  | Waffles, plain, frozen, ready-to-heat  | 28.35     | 1.0 oz                      | 0.07                      |
| 18185  | Cookies, peanut butter, commercially prepared, regular                           | 28.35     | 1.0 oz                      | 0.07                      |
| 09421  | Dates, medjool   | 24.0      | 1.0 date, pitted            | 0.07                      |
| 09181  | Melons, cantaloupe, raw  | 177.0     | 1.0 cup, balls              | 0.07                      |
| 11308  | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared | 175.0     | 1.0 cup                     | 0.07                      |
| 07063  | Pork sausage, link/patty, unprepared   | 25.0      | 1.0 link                    | 0.07                      |
| 05320  | Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)     | 96.0      | 1.0 serving                 | 0.07                      |
| 18403  | Waffles, plain, frozen, ready -to-heat, toasted                                  | 28.35     | 1.0 oz                      | 0.06                      |
| 14460  | Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.          | 30.5      | 1.0 fl oz                   | 0.06                      |
| 14461  | Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink              | 30.5      | 1.0 fl oz                   | 0.06                      |
| 36034  | Restaurant, family style, chicken tenders  | 201.0     | 1.0 serving                 | 0.06                      |
| 03082  | Babyfood, dinner, turkey and rice, strained                                      | 16.0      | 1.0 tbsp                    | 0.06                      |
| 12061  | Nuts, almonds  | 143.0     | 1.0 cup, whole              | 0.06                      |
| 21246  | WENDY'S, Chicken Nuggets   | 68.0      | 5.0 pieces                  | 0.05                      |
| 03194  | Babyfood, cereal, Rice, dry, fortified   | 2.5       | 1.0 tbsp                    | 0.05                      |
| 28363  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original                        | 5.2       | 10.0 goldfish               | 0.05                      |
| 28362  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza                 | 5.3       | 10.0 goldfish               | 0.05                      |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)                | 28.35     | 1.0 oz                      | 0.05                      |
| 18936  | Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)          | 28.35     | 1.0 oz                      | 0.05                      |
| 21129  | Fast foods, hush puppies   | 22.0      | 1.0 piece                   | 0.05                      |
| 03069  | Babyfood, dinner, chicken noodle, junior   | 16.0      | 1.0 tbsp                    | 0.05                      |
| 03050  | Babyfood, dinner, spaghetti and tomato and meat, junior                          | 16.0      | 1.0 tbsp                    | 0.05                      |
| 07022  | Frankfurter, beef, unheated  | 49.0      | 1.0 hot dog                 | 0.05                      |
| 07025  | Frankfurter, turkey  | 28.35     | 1.0 oz                      | 0.05                      |
| 18933  | Waffle, buttermilk, frozen, ready-to-heat, toasted                               | 28.0      | 1.0 oz                      | 0.05                      |
| 04142  | Salad dressing, french dressing, reduced fat, without salt                       | 16.0      | 1.0 tablespoon              | 0.05                      |
| 14450  | Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder               | 23.0      | 1.0 scoop powder            | 0.05                      |
| 03119  | Babyfood, vegetables, corn, creamed, strained                                    | 113.0     | 1.0 jar                     | 0.05                      |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX   | 30.0      | 1.25 cup (1 NLEA serving)   | 0.04                      |
| 08128  | Cereals, oats, instant, fortified, with cinnamon and spice, dry                  | 45.0      | 1.0 packet                  | 0.04                      |
| 28308  | Crackers, standard snack-type, with whole wheat                                  | 15.0      | 5.0 crackers 1 serving      | 0.04                      |
| 18160  | Cookies, chocolate chip, commercially prepared, soft-type                        | 14.2      | 1.0 cookie                  | 0.04                      |
| 08132  | Cereals, oats, instant, fortified, with raisins and spice, dry                   | 44.0      | 1.0 packet                  | 0.04                      |
| 08410  | Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry                            | 43.0      | 1.0 packet (1 NLEA serving) | 0.04                      |

| NDB_No | Description   | Weight(g) | Measure                         | Maltose(g)<br>Per Measure |
|--------|---|-----------|---------------------------------|---------------------------|
| 08436  | Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry                               | 43.0      | 1.0 packet (1 NLEA serving)     | 0.04                      |
| 28331  | Crackers, flavored, fish-shaped   | 5.2       | 10.0 goldfish                   | 0.04                      |
| 11658  | Spinach souffle   | 136.0     | 1.0 cup                         | 0.04                      |
| 10905  | Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated | 28.35     | 1.0 oz whole                    | 0.04                      |
| 21059  | Fast foods, shrimp, breaded and fried   | 39.0      | 3.0 pieces shrimp               | 0.04                      |
| 14242  | Cranberry juice cocktail, bottled   | 31.6      | 1.0 fl oz                       | 0.04                      |
| 28361  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar                              | 5.2       | 10.0 goldfish                   | 0.04                      |
| 16112  | Miso  | 17.0      | 1.0 tbsp                        | 0.03                      |
| 03959  | Babyfood, mashed cheddar potatoes and broccoli, toddlers                              | 170.0     | 1.0 container                   | 0.03                      |
| 04018  | Salad dressing, mayonnaise type, regular, with salt                                   | 14.7      | 1.0 tbsp                        | 0.03                      |
| 08576  | Cereals, CREAM OF WHEAT, 1 minute cook time, dry                                      | 33.0      | 3.0 tablespoon (1 serving)      | 0.03                      |
| 28364  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan                             | 5.3       | 10.0 goldfish                   | 0.03                      |
| 14543  | Beverages, lemonade, frozen concentrate, pink, prepared with water                    | 30.9      | 1.0 fl oz                       | 0.03                      |
| 18023  | Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs             | 51.0      | 1.0 muffin                      | 0.03                      |
| 14536  | Alcoholic beverage, wine, dessert, dry  | 29.5      | 1.0 fl oz                       | 0.03                      |
| 19109  | Candies, KIT KAT Wafer Bar  | 42.0      | 1.0 bar (1.5 oz)                | 0.03                      |
| 28365  | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza                                | 5.1       | 10.0 goldfish                   | 0.03                      |
| 11435  | Rutabagas, raw  | 140.0     | 1.0 cup, cubes                  | 0.03                      |
| 08122  | Cereals, oats, instant, fortified, plain, dry   | 28.0      | 1.0 packet                      | 0.03                      |
| 18957  | Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style                      | 39.0      | 1.0 slice                       | 0.03                      |
| 08508  | Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)    | 29.0      | 1.0 cup                         | 0.03                      |
| 19410  | Snack, potato chips, made from dried potatoes, plain                                  | 28.0      | 1.0 oz                          | 0.03                      |
| 22978  | Chicken tenders, breaded, frozen, prepared  | 21.0      | 1.0 piece                       | 0.03                      |
| 01105  | Milk, chocolate beverage, hot cocoa, homemade   | 250.0     | 1.0 cup                         | 0.02                      |
| 01174  | Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D           | 246.0     | 1.0 cup                         | 0.02                      |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D              | 244.0     | 1.0 cup                         | 0.02                      |
| 08573  | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry                                  | 33.0      | 3.0 tablespoon (1 NLEA serving) | 0.02                      |
| 01124  | Egg, white, raw, fresh  | 33.0      | 1.0 large                       | 0.02                      |
| 05327  | Chicken breast tenders, breaded, uncooked   | 15.0      | 1.0 piece                       | 0.02                      |
| 09040  | Bananas, raw  | 225.0     | 1.0 cup, mashed                 | 0.02                      |
| 04636  | Salad dressing, italian dressing, fat-free  | 14.0      | 1.0 tbsp                        | 0.02                      |
| 12012  | Seeds, hemp seed, hulled  | 30.0      | 3.0 tbsp                        | 0.02                      |
| 20064  | Rye flour, medium   | 102.0     | 1.0 cup                         | 0.02                      |
| 03298  | Babyfood, dinner, broccoli and chicken, junior  | 29.0      | 1.0 tbsp                        | 0.02                      |
| 19445  | Snacks, potato chips, made from dried potatoes, fat-free, made with olestra           | 28.35     | 1.0 oz                          | 0.02                      |
| 03293  | Babyfood, plums, bananas and rice, strained   | 28.35     | 1.0 oz                          | 0.02                      |

| NDB_No | Description   | Weight(g) | Measure                                  | Maltose(g)<br>Per Measure |
|--------|---|-----------|--|---------------------------|
| 12738  | Nuts, mixed nuts, oil roasted, without peanuts, lightly salted                                | 28.35     | 1.0 oz                                   | 0.02                      |
| 19045  | Snacks, potato chips, made from dried potatoes, reduced fat                                   | 28.35     | 1.0 oz                                   | 0.02                      |
| 20142  | Teff, uncooked  | 193.0     | 1.0 cup                                  | 0.02                      |
| 20001  | Amaranth grain, uncooked  | 193.0     | 1.0 cup                                  | 0.02                      |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain                                | 96.0      | 6.0 pieces                               | 0.02                      |
| 18621  | NABISCO, NABISCO RITZ Crackers  | 3.3       | 1.0 cracker                              | 0.02                      |
| 03083  | Babyfood, dinner, turkey and rice, junior   | 16.0      | 1.0 tbsp                                 | 0.02                      |
| 08680  | Cereals, oats, instant, fortified, maple and brown sugar, dry                                 | 43.0      | 1.0 packet                               | 0.02                      |
| 08130  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry                                  | 43.0      | 1.0 packet                               | 0.02                      |
| 07979  | Sausage, pork, turkey, and beef, reduced sodium   | 85.0      | 3.0 oz                                   | 0.02                      |
| 01251  | Cheese, Mexican blend   | 28.0      | 0.25 cup shredded                        | 0.02                      |
| 03134  | Babyfood, fruit, plums with tapioca, without ascorbic acid, strained                          | 15.0      | 1.0 tbsp                                 | 0.02                      |
| 12695  | Nuts, almond butter, plain, with salt added   | 16.0      | 1.0 tbsp                                 | 0.02                      |
| 08104  | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry | 11.0      | 1.0 tbsp                                 | 0.02                      |
| 01164  | Cheese sauce, prepared from recipe  | 30.0      | 2.0 tbsp                                 | 0.02                      |
| 19909  | Sweeteners, sugar substitute, granulated, brown   | 0.5       | 1.0 tsp                                  | 0.01                      |
| 19205  | Egg custards, dry mix, prepared with 2% milk  | 141.0     | 0.5 cup                                  | 0.01                      |
| 18360  | Taco shells, baked  | 12.9      | 1.0 shell                                | 0.01                      |
| 03068  | Babyfood, dinner, chicken noodle, strained  | 16.0      | 1.0 tbsp                                 | 0.01                      |
| 01125  | Egg, yolk, raw, fresh   | 17.0      | 1.0 large                                | 0.01                      |
| 05312  | Chicken, wing, frozen, glazed, barbecue flavored  | 29.0      | 1.0 piece                                | 0.01                      |
| 36015  | Restaurant, family style, chicken fingers, from kid's menu                                    | 114.0     | 1.0 serving                              | 0.01                      |
| 36612  | DENNY'S, golden fried shrimp  | 16.0      | 1.0 piece                                | 0.01                      |
| 12195  | Nuts, almond butter, plain, without salt added  | 16.0      | 1.0 tbsp                                 | 0.01                      |
| 27052  | Dip, salsa con queso, cheese and salsa- medium  | 30.0      | 2.0 tbsp                                 | 0.01                      |
| 11109  | Cabbage, raw  | 89.0      | 1.0 cup, chopped                         | 0.01                      |
| 35200  | Prairie Turnips, raw (Northern Plains Indians)  | 12.6      | 1.0 bulb peeled                          | 0.01                      |
| 03934  | Babyfood, corn and sweet potatoes, strained   | 28.35     | 1.0 oz                                   | 0.01                      |
| 11672  | Potato pancakes   | 22.0      | 1.0 small 2-3/4 in. dia., 5/8 in. thick. | 0.01                      |
| 03227  | Babyfood, dessert, peach cobbler, strained  | 15.0      | 1.0 tbsp                                 | 0.01                      |
| 03137  | Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior                           | 28.35     | 1.0 oz                                   | 0.01                      |
| 11205  | Cucumber, with peel, raw  | 52.0      | 0.5 cup slices                           | 0.01                      |
| 03136  | Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained                         | 15.0      | 1.0 tbsp                                 | 0.00                      |
| 03142  | Babyfood, fruit, applesauce and apricots, strained  | 16.0      | 1.0 tbsp                                 | 0.00                      |
| 03159  | Babyfood, fruit, pears and pineapple, junior  | 16.0      | 1.0 tbsp                                 | 0.00                      |
| 03157  | Babyfood, fruit, bananas and pineapple with tapioca, strained                                 | 15.0      | 1.0 tbsp                                 | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                                | Maltose(g)<br>Per Measure |
|--------|--|-----------|--|---------------------------|
| 03186  | Babyfood, cereal, mixed, with bananas, dry   | 2.5       | 1.0 tbsp                               | 0.00                      |
| 10885  | Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated                                     | 85.0      | 3.0 oz                                 | 0.00                      |
| 16147  | Veggie burgers or soyburgers, unprepared   | 70.0      | 1.0 pattie                             | 0.00                      |
| 05351  | Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning                          | 89.0      | 1.0 thigh                              | 0.00                      |
| 28344  | Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour                        | 10.7      | 3.0 crackers                           | 0.00                      |
| 07951  | Scrapple, pork   | 17.0      | 1.0 cubic inch                         | 0.00                      |
| 01286  | Yogurt, Greek, vanilla, nonfat   | 150.0     | 1.0 container (5.3 oz)                 | 0.00                      |
| 36003  | APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu  | 124.0     | 1.0 cup                                | 0.00                      |
| 15140  | Crustaceans, crab, blue, cooked, moist heat  | 118.0     | 1.0 cup, flaked and pieces             | 0.00                      |
| 09123  | Grapefruit juice, white, canned or bottled, unsweetened  | 247.0     | 1.0 cup                                | 0.00                      |
| 27057  | Sauce, barbecue, KC MASTERPIECE, original  | 18.0      | 1.0 tbsp                               | 0.00                      |
| 36614  | DENNY'S, chicken nuggets, star shaped, from kid's menu   | 67.0      | 1.0 serving 4 pieces in serving        | 0.00                      |
| 09520  | Kiwifruit, ZESPRI SunGold, raw   | 81.0      | 1.0 fruit                              | 0.00                      |
| 11533  | Tomatoes, red, ripe, canned, stewed  | 255.0     | 1.0 cup                                | 0.00                      |
| 19904  | Chocolate, dark, 70-85% cacao solids   | 28.35     | 1.0 oz                                 | 0.00                      |
| 10939  | Pork, cured, ham, slice, bone-in, separable lean and fat, unheated   | 85.0      | 1.0 serving (3 oz)                     | 0.00                      |
| 12122  | Nuts, hazelnuts or filberts, dry roasted, without salt added   | 28.35     | 1.0 oz                                 | 0.00                      |
| 01151  | Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)                                      | 245.0     | 1.0 cup                                | 0.00                      |
| 11359  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased                     | 82.0      | 10.0 strip                             | 0.00                      |
| 14285  | Beverages, OCEAN SPRAY, Ruby Red cranberry   | 227.0     | 8.0 fl oz                              | 0.00                      |
| 23318  | Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw | 114.0     | 4.0 oz                                 | 0.00                      |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt  | 89.0      | 1.0 ear, small (5-1/2" to 6-1/2" long) | 0.00                      |
| 05719  | Turkey, back, from whole bird, meat only, with added solution, raw   | 114.0     | 4.0 oz                                 | 0.00                      |
| 14154  | Beverages, Energy drink, RED BULL  | 258.0     | 1.0 can 8.4 fl oz                      | 0.00                      |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS  | 28.0      | 0.75 cup (1 NLEA serving)              | 0.00                      |
| 10906  | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated                               | 28.35     | 1.0 oz                                 | 0.00                      |
| 36020  | T.G.I. FRIDAY'S, chicken fingers   | 225.0     | 1.0 serving                            | 0.00                      |
| 01017  | Cheese, cream  | 14.5      | 1.0 tbsp                               | 0.00                      |
| 16010  | Beans, baked, canned, with pork and sweet sauce  | 249.0     | 1.0 cup                                | 0.00                      |
| 09209  | Orange juice, chilled, includes from concentrate   | 249.0     | 1.0 cup                                | 0.00                      |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw  | 55.0      | 1.0 cup, shredded or chopped           | 0.00                      |
| 43215  | Salad dressing, buttermilk, lite   | 15.0      | 1.0 tablespoon                         | 0.00                      |
| 02048  | Vinegar, cider   | 14.9      | 1.0 tbsp                               | 0.00                      |
| 10869  | Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil                         | 85.0      | 1.0 serving (3 oz)                     | 0.00                      |
| 11729  | Beans, snap, green, canned, no salt added, drained solids  | 153.0     | 1.0 cup                                | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                          | Maltose(g)<br>Per Measure |
|--------|---|-----------|----------------------------------|---------------------------|
| 05219  | Turkey, breast, from whole bird, meat only, raw   | 114.0     | 4.0 oz                           | 0.00                      |
| 35195  | Cattail, Narrow Leaf Shoots (Northern Plains Indians)   | 19.0      | 1.0 shoot                        | 0.00                      |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked  | 158.0     | 1.0 cup                          | 0.00                      |
| 11091  | Broccoli, cooked, boiled, drained, without salt   | 78.0      | 0.5 cup, chopped                 | 0.00                      |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)  | 150.0     | 1.0 cup                          | 0.00                      |
| 06999  | Gravy, CAMPBELL'S, chicken  | 56.0      | 0.25 cup                         | 0.00                      |
| 01252  | Cheese product, pasteurized process, American, vitamin D fortified                                | 19.0      | 1.0 slice (2/3 oz)               | 0.00                      |
| 21143  | CHICK-FIL-A, Chick-n-Strips   | 50.0      | 1.0 strip                        | 0.00                      |
| 11403  | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated   | 76.0      | 10.0 fries                       | 0.00                      |
| 14649  | Beverages, tea, hibiscus, brewed  | 237.0     | 8.0 fl oz                        | 0.00                      |
| 09038  | Avocados, raw, California   | 230.0     | 1.0 cup, pureed                  | 0.00                      |
| 36412  | Restaurant, Latino, tamale, pork  | 142.0     | 1.0 piece                        | 0.00                      |
| 11987  | Mushrooms, oyster, raw  | 148.0     | 1.0 large                        | 0.00                      |
| 06067  | Soup, chunky vegetable, canned, ready-to-serve  | 230.0     | 1.0 cup                          | 0.00                      |
| 09449  | Nance, frozen, unsweetened  | 112.0     | 1.0 cup without pits, thawed     | 0.00                      |
| 31034  | Peppers, hot pickled, canned  | 34.0      | 0.25 cup drained                 | 0.00                      |
| 14221  | Beverages, OCEAN SPRAY, Diet Cranberry Juice  | 237.0     | 8.0 fl oz                        | 0.00                      |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 234.0     | 1.0 cup, cooked                  | 0.00                      |
| 05347  | Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning          | 102.0     | 1.0 back                         | 0.00                      |
| 11143  | Celery, raw   | 101.0     | 1.0 cup chopped                  | 0.00                      |
| 12644  | Nuts, pecans, oil roasted, with salt added  | 110.0     | 1.0 cup                          | 0.00                      |
| 07072  | Salami, dry or hard, pork, beef   | 9.8       | 1.0 slice                        | 0.00                      |
| 01281  | Yogurt, Greek, nonfat, strawberry, CHOBANI  | 150.0     | 5.3 oz                           | 0.00                      |
| 36000  | APPLEBEE'S, 9 oz house sirloin steak  | 157.0     | 1.0 serving                      | 0.00                      |
| 11507  | Sweet potato, raw, unprepared   | 133.0     | 1.0 cup, cubes                   | 0.00                      |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 85.0      | 3.0 oz                           | 0.00                      |
| 04114  | Salad dressing, italian dressing, commercial, regular   | 14.7      | 1.0 tbsp                         | 0.00                      |
| 27054  | Dip, TOSTITOS, salsa con queso, medium  | 30.0      | 2.0 tbsp                         | 0.00                      |
| 18213  | Cookies, vanilla wafers, higher fat   | 30.0      | 8.0 wafers                       | 0.00                      |
| 06431  | CAMPBELL'S CHUNKY, New England Clam Chowder   | 251.0     | 1.0 cup                          | 0.00                      |
| 09516  | Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana  | 233.0     | 1.0 cup                          | 0.00                      |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 149.0     | 1.0 cup cherry tomatoes          | 0.00                      |
| 32020  | Chicken, thighs, frozen, breaded, reheated  | 133.0     | 1.0 thigh with bone and breading | 0.00                      |
| 19873  | Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops                   | 55.0      | 1.0 serving 1.75 fl oz pop       | 0.00                      |
| 10936  | Pork, cured, ham, shank, bone-in, separable lean and fat, unheated                                | 28.35     | 1.0 oz                           | 0.00                      |
| 12116  | Nuts, coconut cream, canned, sweetened  | 19.0      | 1.0 tbsp                         | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                             | Maltose(g)<br>Per Measure |
|--------|---|-----------|-------------------------------------|---------------------------|
| 01132  | Egg, whole, cooked, scrambled   | 61.0      | 1.0 large                           | 0.00                      |
| 21472  | Fast Foods, Fried Chicken, Wing, meat and skin and breading   | 58.0      | 1.0 wing, with skin                 | 0.00                      |
| 11356  | Potatoes, Russet, flesh and skin, baked   | 299.0     | 1.0 potato large (3" to 4-1/4" dia. | 0.00                      |
| 14278  | Beverages, tea, green, brewed, regular  | 245.0     | 1.0 cup                             | 0.00                      |
| 03131  | Babyfood, fruit, peaches, junior  | 17.0      | 1.0 tbsp                            | 0.00                      |
| 23315  | Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw | 114.0     | 4.0 oz                              | 0.00                      |
| 11885  | Tomatoes, red, ripe, canned, packed in tomato juice, no salt added  | 240.0     | 1.0 cup                             | 0.00                      |
| 16424  | Soy sauce made from soy and wheat (shoyu), low sodium   | 14.2      | 1.0 tbsp                            | 0.00                      |
| 05702  | Turkey from whole, light meat, meat and skin, with added solution, raw  | 114.0     | 4.0 oz                              | 0.00                      |
| 09414  | Pears, raw, bosc  | 140.0     | 1.0 cup, sliced                     | 0.00                      |
| 21387  | BURGER KING, Hash Brown Rounds  | 5.6       | 1.0 piece                           | 0.00                      |
| 14090  | Beverages, Coconut water, ready-to-drink, unsweetened   | 245.0     | 1.0 cup                             | 0.00                      |
| 10903  | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated                              | 28.35     | 1.0 oz shank                        | 0.00                      |
| 22912  | Spaghetti, with meatballs in tomato sauce, canned   | 246.0     | 1.0 cup                             | 0.00                      |
| 01012  | Cheese, cottage, creamed, large or small curd   | 113.0     | 4.0 oz                              | 0.00                      |
| 15235  | Fish, catfish, channel, farmed, cooked, dry heat  | 143.0     | 1.0 fillet                          | 0.00                      |
| 20648  | Sorghum flour, whole-grain  | 121.0     | 1.0 cup                             | 0.00                      |
| 09191  | Nectarines, raw   | 143.0     | 1.0 cup slices                      | 0.00                      |
| 11239  | Mushrooms, Chanterelle, raw   | 54.0      | 1.0 cup                             | 0.00                      |
| 36631  | OLIVE GARDEN, spaghetti with meat sauce   | 525.0     | 1.0 serving                         | 0.00                      |
| 02043  | Spices, turmeric, ground  | 3.0       | 1.0 tsp                             | 0.00                      |
| 10866  | Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated                                       | 85.0      | 3.0 oz                              | 0.00                      |
| 11702  | Artichokes, (globe or french), cooked, boiled, drained, with salt   | 120.0     | 1.0 artichoke, medium               | 0.00                      |
| 05185  | Turkey from whole, light meat, raw  | 85.0      | 1.0 serving                         | 0.00                      |
| 20042  | Rice, brown, parboiled, dry, UNCLE BEN'S  | 48.0      | 0.25 cup                            | 0.00                      |
| 21319  | McDONALD'S, Hash Brown  | 53.0      | 1.0 serving 1 patty                 | 0.00                      |
| 11063  | Beans, snap, green, microwaved  | 116.0     | 1.0 cup 1/2" pieces                 | 0.00                      |
| 12154  | Nuts, walnuts, black, dried   | 125.0     | 1.0 cup, chopped                    | 0.00                      |
| 36405  | Restaurant, Latino, Arroz con frijoles negros (rice and black beans)  | 461.0     | 1.0 serving                         | 0.00                      |
| 01228  | Cheese, fresh, queso fresco   | 122.0     | 1.0 cup, crumbled                   | 0.00                      |
| 21139  | Fast foods, potato, mashed  | 242.0     | 1.0 cup                             | 0.00                      |
| 11398  | Potato puffs, frozen, unprepared  | 120.0     | 1.0 cup                             | 0.00                      |
| 14629  | Beverages, Energy drink, ROCKSTAR   | 31.0      | 1.0 fl oz                           | 0.00                      |
| 25026  | Popcorn, microwave, regular (butter) flavor, made with palm oil   | 7.9       | 1.0 cup                             | 0.00                      |
| 11950  | Mushrooms, enoki, raw   | 5.0       | 1.0 large                           | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                | Maltose(g)<br>Per Measure |
|--------|--|-----------|------------------------|---------------------------|
| 06024  | Soup, chicken and vegetable, canned, ready-to-serve  | 255.0     | 1.0 cup                | 0.00                      |
| 09446  | Plantains, green, fried  | 118.0     | 1.0 cup                | 0.00                      |
| 14211  | Beverages, tea, black, ready-to-drink, lemon, diet   | 265.0     | 1.0 cup                | 0.00                      |
| 19201  | Puddings, vanilla, ready-to-eat  | 28.35     | 1.0 oz                 | 0.00                      |
| 08120  | Cereals, oats, regular and quick, not fortified, dry   | 81.0      | 1.0 cup                | 0.00                      |
| 10919  | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted                | 85.0      | 1.0 serving (3 oz)     | 0.00                      |
| 16103  | Refried beans, canned, traditional style (includes USDA commodity)   | 238.0     | 1.0 cup                | 0.00                      |
| 21416  | POPEYES, Coleslaw  | 120.0     | 1.0 package            | 0.00                      |
| 11292  | Onions, young green, tops only   | 6.0       | 1.0 tbsp               | 0.00                      |
| 21247  | WENDY'S, french fries  | 71.0      | 1.0 kid's meal Serving | 0.00                      |
| 10882  | Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil              | 85.0      | 1.0 serving (3 oz)     | 0.00                      |
| 01276  | Yogurt, Greek, strawberry, DANNON OIKOS  | 150.0     | 5.3 oz                 | 0.00                      |
| 35236  | Stew, pinto bean and hominy, baduhsuki (Hopi)  | 227.0     | 8.0 oz                 | 0.00                      |
| 11468  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt                          | 180.0     | 1.0 cup, sliced        | 0.00                      |
| 15070  | Fish, rockfish, Pacific, mixed species, raw  | 85.0      | 3.0 oz                 | 0.00                      |
| 09078  | Cranberries, raw   | 110.0     | 1.0 cup, chopped       | 0.00                      |
| 04021  | Salad dressing, italian dressing, commercial, reduced fat  | 15.0      | 1.0 tablespoon         | 0.00                      |
| 27045  | Soup, beef and vegetables, reduced sodium, canned, ready-to-serve  | 245.0     | 1.0 cup                | 0.00                      |
| 36607  | CRACKER BARREL, steak fries  | 198.0     | 1.0 serving            | 0.00                      |
| 18192  | Cookies, shortbread, commercially prepared, plain  | 28.35     | 1.0 oz                 | 0.00                      |
| 06377  | CAMPBELL'S, Tomato Soup, condensed   | 124.0     | 0.5 cup condensed      | 0.00                      |
| 09512  | Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium                          | 253.0     | 1.0 cup                | 0.00                      |
| 10933  | Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted                                     | 85.0      | 1.0 serving (3 oz)     | 0.00                      |
| 12086  | Nuts, cashew nuts, oil roasted, without salt added   | 129.0     | 1.0 cup, whole         | 0.00                      |
| 36046  | Restaurant, Italian, spaghetti with pomodoro sauce (no meat)   | 510.0     | 1.0 serving            | 0.00                      |
| 01128  | Egg, whole, cooked, fried  | 46.0      | 1.0 large              | 0.00                      |
| 21469  | Fast Foods, Fried Chicken, Breast, meat and skin and breading  | 203.0     | 1.0 breast, with skin  | 0.00                      |
| 09362  | Cherries, sour, canned, water pack, drained  | 168.0     | 1.0 cup                | 0.00                      |
| 11353  | Potatoes, russet, flesh and skin, raw  | 75.0      | 0.5 cup, diced         | 0.00                      |
| 23302  | Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw | 114.0     | 4.0 oz                 | 0.00                      |
| 16398  | Peanut butter, smooth style, without salt  | 32.0      | 2.0 tbsp               | 0.00                      |
| 05696  | Turkey from whole, light meat, meat only, with added solution, raw   | 114.0     | 4.0 oz                 | 0.00                      |
| 28359  | GLUTINO, Gluten Free Wafers, Milk Chocolate  | 23.0      | 3.0 cookies            | 0.00                      |
| 14007  | Alcoholic beverage, beer, light, BUD LIGHT   | 29.5      | 1.0 fl oz              | 0.00                      |
| 10900  | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated                    | 28.35     | 1.0 oz whole           | 0.00                      |
| 02026  | Spices, onion powder   | 2.4       | 1.0 tsp                | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                     | Maltose(g)<br>Per Measure |
|--------|---|-----------|-----------------------------|---------------------------|
| 22905  | Beef stew, canned entree  | 196.0     | 1.0 cup (1 serving)         | 0.00                      |
| 36014  | Restaurant, family style, french fries  | 170.0     | 1.0 serving                 | 0.00                      |
| 15172  | Mollusks, scallop, mixed species, raw   | 30.0      | 1.0 unit 2 large or 5 small | 0.00                      |
| 09176  | Mangos, raw   | 165.0     | 1.0 cup pieces              | 0.00                      |
| 27067  | Sauce, OLD EL PASO, enchilada, red, mild, ready to serve                                    | 58.0      | 0.25 cup                    | 0.00                      |
| 36626  | Restaurant, Chinese, chicken and vegetables   | 693.0     | 1.0 order                   | 0.00                      |
| 02029  | Spices, parsley, dried  | 0.5       | 1.0 tsp                     | 0.00                      |
| 10130  | Canadian bacon, unprepared  | 85.0      | 3.0 oz                      | 0.00                      |
| 05169  | Turkey, skin from whole, (light and dark), raw  | 28.35     | 1.0 oz                      | 0.00                      |
| 21314  | McDONALD'S, Spicy Buffalo Sauce   | 43.0      | 1.5 oz                      | 0.00                      |
| 11056  | Beans, snap, green, canned, regular pack, drained solids                                    | 135.0     | 1.0 cup                     | 0.00                      |
| 12147  | Nuts, pine nuts, dried  | 135.0     | 1.0 cup                     | 0.00                      |
| 06748  | Soup, PROGRESSO, beef barley, traditional, ready to serve                                   | 210.0     | 1.0 cup                     | 0.00                      |
| 36401  | Restaurant, Latino, chicken and rice, entree, prepared                                      | 141.0     | 1.0 cup                     | 0.00                      |
| 01211  | Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D                           | 244.0     | 1.0 cup                     | 0.00                      |
| 21127  | Fast foods, coleslaw  | 191.0     | 1.0 cup                     | 0.00                      |
| 11391  | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil                      | 150.0     | 1.0 cup prepared            | 0.00                      |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid                    | 248.0     | 1.0 cup                     | 0.00                      |
| 03221  | Babyfood, dessert, dutch apple, junior  | 28.35     | 1.0 oz                      | 0.00                      |
| 05744  | Turkey, back, from whole bird, meat and skin, with added solution, raw                      | 114.0     | 4.0 oz                      | 0.00                      |
| 09442  | Pomegranate juice, bottled  | 249.0     | 1.0 cup                     | 0.00                      |
| 14206  | Beverages, tea, green, ready-to-drink, sweetened  | 270.0     | 1.0 cup                     | 0.00                      |
| 19170  | Egg custards, dry mix, prepared with whole milk   | 141.0     | 0.5 cup                     | 0.00                      |
| 10916  | Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil | 85.0      | 1.0 serving (3 oz)          | 0.00                      |
| 36030  | DENNY'S, hash browns  | 124.0     | 1.0 serving                 | 0.00                      |
| 01053  | Cream, fluid, heavy whipping  | 120.0     | 1.0 cup, whipped            | 0.00                      |
| 16090  | Peanuts, all types, dry-roasted, with salt  | 28.35     | 1.0 oz                      | 0.00                      |
| 09253  | Pears, canned, water pack, solids and liquids   | 244.0     | 1.0 cup, halves             | 0.00                      |
| 11282  | Onions, raw   | 160.0     | 1.0 cup, chopped            | 0.00                      |
| 03061  | Babyfood, dinner, vegetables and ham, strained  | 256.0     | 1.0 cup                     | 0.00                      |
| 10879  | Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted      | 85.0      | 3.0 oz                      | 0.00                      |
| 05344  | Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning              | 28.35     | 1.0 oz                      | 0.00                      |
| 11130  | Carrots, frozen, unprepared   | 64.0      | 0.5 cup slices              | 0.00                      |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added  | 132.0     | 1.0 cup, whole or halves    | 0.00                      |
| 27042  | Soup, clam chowder, new england, canned, ready-to-serve                                     | 254.0     | 1.0 cup                     | 0.00                      |
| 36602  | Restaurant, Chinese, fried rice, without meat   | 137.0     | 1.0 cup                     | 0.00                      |



| NDB_No | Description   | Weight(g) | Measure                    | Maltose(g)<br>Per Measure |
|--------|---|-----------|----------------------------|---------------------------|
| 12040  | Seeds, sunflower seed butter, without salt  | 16.0      | 1.0 tbsp                   | 0.00                      |
| 18168  | Cookies, chocolate sandwich, with extra creme filling                                     | 28.35     | 1.0 oz                     | 0.00                      |
| 06307  | Sauce, barbecue, KRAFT, original  | 16.0      | 1.0 tbsp                   | 0.00                      |
| 09506  | Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E | 249.0     | 1.0 cup                    | 0.00                      |
| 10929  | Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted                  | 85.0      | 1.0 serving (3 oz)         | 0.00                      |
| 36043  | CARRABBA'S ITALIAN GRILL, lasagne   | 437.0     | 1.0 serving                | 0.00                      |
| 21456  | POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading                         | 194.0     | 1.0 breast, with skin      | 0.00                      |
| 09334  | Feijoa, raw   | 243.0     | 1.0 cup, pureed            | 0.00                      |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt                              | 135.0     | 1.0 cup, chopped or strips | 0.00                      |
| 14253  | Alcoholic beverages, wine, rose   | 30.3      | 1.0 fl oz                  | 0.00                      |
| 03105  | Babyfood, vegetables, squash, junior  | 16.0      | 1.0 tbsp                   | 0.00                      |
| 23298  | Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw              | 28.35     | 1.0 oz                     | 0.00                      |
| 11851  | Rutabagas, cooked, boiled, drained, with salt   | 120.0     | 0.5 cup, mashed            | 0.00                      |
| 16389  | Peanuts, all types, oil-roasted, without salt   | 144.0     | 1.0 cup,                   | 0.00                      |
| 05362  | Chicken, broiler, rotisserie, BBQ, wing meat and skin                                     | 51.0      | 1.0 wing                   | 0.00                      |
| 14004  | Alcoholic beverage, beer, regular, BUDWEISER  | 29.8      | 1.0 fl oz                  | 0.00                      |
| 10895  | Pork, cured, ham, separable fat, boneless, unheated                                       | 117.0     | 4.0 oz                     | 0.00                      |
| 02020  | Spices, garlic powder   | 3.1       | 1.0 tsp                    | 0.00                      |
| 22900  | Ravioli, meat-filled, with tomato sauce or meat sauce, canned                             | 262.0     | 1.0 cup                    | 0.00                      |
| 36011  | T.G.I. FRIDAY'S, classic sirloin steak (10 oz)  | 176.0     | 1.0 serving                | 0.00                      |
| 15160  | Mollusks, clam, mixed species, canned, drained solids                                     | 85.0      | 3.0 oz                     | 0.00                      |
| 20446  | Rice, white, long-grain, parboiled, unenriched, dry                                       | 185.0     | 1.0 cup                    | 0.00                      |
| 09152  | Lemon juice, raw  | 244.0     | 1.0 cup                    | 0.00                      |
| 11182  | Corn, yellow, whole kernel, frozen, microwaved  | 141.0     | 1.0 cup                    | 0.00                      |
| 27064  | Wasabi  | 20.0      | 1.0 tablespoon             | 0.00                      |
| 36623  | Restaurant, Chinese, chicken chow mein  | 604.0     | 1.0 order                  | 0.00                      |
| 09530  | Fruit juice smoothie, ODWALLA, strawberry banana  | 233.0     | 1.0 cup                    | 0.00                      |
| 11657  | Potatoes, mashed, home-prepared, whole milk added   | 210.0     | 1.0 cup                    | 0.00                      |
| 04689  | Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light                        | 14.0      | 1.0 tbsp (1 NLEA serving)  | 0.00                      |
| 35140  | Bread, kneel down (Navajo)  | 28.35     | 1.0 oz                     | 0.00                      |
| 19912  | Sweetener, syrup, agave   | 6.9       | 1.0 tsp                    | 0.00                      |
| 11012  | Asparagus, cooked, boiled, drained  | 90.0      | 0.5 cup                    | 0.00                      |
| 12142  | Nuts, pecans  | 109.0     | 1.0 cup, chopped           | 0.00                      |
| 06632  | Sauce, hot chile, sriracha, CHA! BY TEXAS PETE  | 6.9       | 1.0 tsp                    | 0.00                      |
| 01186  | Cheese, cream, fat free   | 18.0      | 1.0 tbsp                   | 0.00                      |
| 25013  | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor                             | 28.35     | 1.0 oz                     | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                       | Maltose(g)<br>Per Measure |
|--------|---|-----------|-------------------------------|---------------------------|
| 11937  | Pickles, cucumber, dill or kosher dill  | 35.0      | 1.0 spear, small              | 0.00                      |
| 05734  | Turkey, retail parts, wing, meat and skin, raw  | 85.0      | 3.0 oz                        | 0.00                      |
| 21401  | Fast foods, chicken tenders   | 30.0      | 1.0 strip                     | 0.00                      |
| 14191  | Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C                                 | 265.0     | 1.0 cup                       | 0.00                      |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt                      | 257.0     | 1.0 cup                       | 0.00                      |
| 10913  | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted                       | 85.0      | 1.0 serving (3 oz)            | 0.00                      |
| 22958  | Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)      | 340.0     | 1.0 bowl                      | 0.00                      |
| 01046  | Cheese food, pasteurized process, American, vitamin D fortified   | 113.0     | 1.0 cup                       | 0.00                      |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt  | 171.0     | 1.0 cup                       | 0.00                      |
| 09228  | Papaya, canned, heavy syrup, drained  | 39.0      | 1.0 piece                     | 0.00                      |
| 11265  | Mushrooms, portabella, raw  | 86.0      | 1.0 cup diced                 | 0.00                      |
| 90240  | Mollusks, scallop, (bay and sea), cooked, steamed   | 85.0      | 3.0 oz                        | 0.00                      |
| 10876  | Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted | 145.0     | 1.0 slice                     | 0.00                      |
| 11764  | Celery, cooked, boiled, drained, with salt  | 150.0     | 1.0 cup, diced                | 0.00                      |
| 05341  | Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning                          | 85.0      | 1.0 serving (3 oz)            | 0.00                      |
| 21337  | McDONALD'S, Peanuts (for Sundaes)   | 7.0       | 0.3 oz                        | 0.00                      |
| 28335  | Cookies, gluten-free, vanilla sandwich, with creme filling  | 44.0      | 3.0 cookies                   | 0.00                      |
| 11113  | Cabbage, red, cooked, boiled, drained, without salt   | 22.0      | 1.0 leaf                      | 0.00                      |
| 07057  | Pepperoni, beef and pork, sliced  | 85.0      | 3.0 oz                        | 0.00                      |
| 01270  | Cheese, cheddar, sharp, sliced  | 19.0      | 1.0 slice (2/3 oz)            | 0.00                      |
| 35232  | Wocas, dried seeds, Oregon, yellow pond lily (Klamath)  | 28.35     | 1.0 oz                        | 0.00                      |
| 11463  | Spinach, frozen, chopped or leaf, unprepared  | 156.0     | 1.0 cup                       | 0.00                      |
| 15057  | Fish, ocean perch, Atlantic, raw  | 28.35     | 1.0 oz, boneless              | 0.00                      |
| 09063  | Cherries, sour, red, raw  | 155.0     | 1.0 cup, without pits         | 0.00                      |
| 14234  | Beverages, OCEAN SPRAY, Cran Lemonade   | 247.0     | 8.0 fl oz                     | 0.00                      |
| 19336  | Sugars, powdered  | 120.0     | 1.0 cup unsifted              | 0.00                      |
| 08147  | Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit  | 47.0      | 2.0 biscuits (1 NLEA serving) | 0.00                      |
| 10926  | Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil              | 85.0      | 1.0 serving (3 oz)            | 0.00                      |
| 21078  | Fast foods, nachos, with cheese   | 80.0      | 1.0 serving                   | 0.00                      |
| 21434  | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading                                      | 212.0     | 1.0 breast, with skin         | 0.00                      |
| 03091  | Babyfood, vegetables, green beans, strained   | 240.0     | 1.0 cup                       | 0.00                      |
| 10889  | Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only                             | 85.0      | 3.0 oz                        | 0.00                      |
| 11828  | Potatoes, baked, flesh and skin, with salt  | 61.0      | 0.5 cup                       | 0.00                      |
| 16337  | Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium                                       | 256.0     | 1.0 cup                       | 0.00                      |
| 05358  | Chicken, broiler, rotisserie, BBQ, breast meat and skin   | 85.0      | 3.0 oz                        | 0.00                      |
| 21376  | McDONALD'S, Bacon Ranch Salad with Grilled Chicken  | 305.0     | 1.0 item 10.8 oz              | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure   | Maltose(g)<br>Per Measure |
|--------|--|-----------|---|---------------------------|
| 13355  | Beef, cured, pastrami  | 71.0      | 1.0 package, 2.5 oz                                 | 0.00                      |
| 10892  | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated  | 85.0      | 3.0 oz  | 0.00                      |
| 02010  | Spices, cinnamon, ground   | 2.6       | 1.0 tsp   | 0.00                      |
| 15149  | Crustaceans, shrimp, mixed species, raw (may have been previously frozen)  | 6.0       | 1.0 medium  | 0.00                      |
| 09135  | Grape juice, canned or bottled, unsweetened, without added ascorbic acid   | 253.0     | 1.0 cup   | 0.00                      |
| 27061  | Gravy, HEINZ Home Style, classic chicken   | 58.0      | 0.25 cup  | 0.00                      |
| 36620  | Restaurant, Chinese, shrimp and vegetables   | 601.0     | 1.0 order   | 0.00                      |
| 18235  | Crackers, whole-wheat  | 28.0      | 1.0 serving   | 0.00                      |
| 11549  | Tomato products, canned, sauce   | 245.0     | 1.0 cup   | 0.00                      |
| 04639  | Salad dressing, ranch dressing, regular  | 15.0      | 1.0 tablespoon                                      | 0.00                      |
| 35009  | Whale, beluga, meat, dried (Alaska Native)   | 45.0      | 1.0 strip   | 0.00                      |
| 19908  | Sugar, turbinado   | 4.6       | 1.0 tsp   | 0.00                      |
| 11001  | Alfalfa seeds, sprouted, raw   | 33.0      | 1.0 cup   | 0.00                      |
| 12136  | Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend  | 147.0     | 1.0 cup   | 0.00                      |
| 06629  | Sauce, pesto, CLASSICO, basil pesto, ready-to-serve  | 62.0      | 0.25 cup  | 0.00                      |
| 36056  | Restaurant, Mexican, cheese tamales  | 302.0     | 1.0 serving serving size varied from 1 to 3 tamales | 0.00                      |
| 01172  | Egg, white, raw, frozen, pasteurized   | 28.0      | 1.0 oz  | 0.00                      |
| 11370  | Potatoes, hash brown, home-prepared  | 156.0     | 1.0 cup   | 0.00                      |
| 14296  | Beverages, lemonade-flavor drink, powder   | 18.0      | 1.0 serving   | 0.00                      |
| 23322  | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw | 114.0     | 4.0 oz  | 0.00                      |
| 11921  | Peppers, sweet, red, sauteed   | 106.0     | 1.0 cup chopped                                     | 0.00                      |
| 17352  | Veal, Australian, shank, hind, bone-in, separable lean and fat   | 85.0      | 3.0 oz  | 0.00                      |
| 05727  | Turkey, retail parts, breast, meat and skin, with added solution, raw  | 85.0      | 3.0 oz  | 0.00                      |
| 09430  | Pineapple, raw, extra sweet variety  | 165.0     | 1.0 cup, chunks                                     | 0.00                      |
| 14183  | Beverages, coffee, ready to drink, iced, mocha, milk based   | 265.0     | 1.0 cup   | 0.00                      |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES   | 33.0      | 1.25 cup (1 NLEA serving)                           | 0.00                      |
| 10910  | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated  | 28.35     | 1.0 oz  | 0.00                      |
| 36024  | CRACKER BARREL, chicken tenderloin platter, fried  | 175.0     | 1.0 serving   | 0.00                      |
| 01032  | Cheese, parmesan, grated   | 100.0     | 1.0 cup   | 0.00                      |
| 16037  | Beans, navy, mature seeds, raw   | 208.0     | 1.0 cup   | 0.00                      |
| 20656  | Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES   | 121.0     | 1.0 cup spaghetti                                   | 0.00                      |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted   | 262.0     | 1.0 cup   | 0.00                      |
| 11257  | Lettuce, red leaf, raw   | 28.0      | 1.0 cup shredded                                    | 0.00                      |
| 21238  | McDONALD'S, french fries   | 71.0      | 1.0 small serving                                   | 0.00                      |
| 10873  | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted                                      | 85.0      | 1.0 serving (3 oz)                                  | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                  | Maltose(g)<br>Per Measure |
|--------|---|-----------|--------------------------|---------------------------|
| 11757  | Carrots, cooked, boiled, drained, with salt   | 9.7       | 1.0 tbsp                 | 0.00                      |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added   | 128.0     | 1.0 cup                  | 0.00                      |
| 01256  | Yogurt, Greek, plain, nonfat  | 170.0     | 1.0 container            | 0.00                      |
| 35205  | Stinging Nettles, blanched (Northern Plains Indians)  | 89.0      | 1.0 cup                  | 0.00                      |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat  | 127.0     | 1.0 fillet               | 0.00                      |
| 09050  | Blueberries, raw  | 148.0     | 1.0 cup                  | 0.00                      |
| 03694  | Babyfood, cereal, rice, prepared with whole milk  | 28.35     | 1.0 oz                   | 0.00                      |
| 27001  | Soup, hot and sour, Chinese restaurant  | 233.0     | 1.0 cup                  | 0.00                      |
| 36417  | Restaurant, Mexican, spanish rice   | 116.0     | 1.0 cup                  | 0.00                      |
| 12014  | Seeds, pumpkin and squash seed kernels, dried   | 129.0     | 1.0 cup                  | 0.00                      |
| 18159  | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched                           | 12.9      | 1.0 cookie               | 0.00                      |
| 06164  | Sauce, salsa, ready-to-serve  | 36.0      | 2.0 tbsp                 | 0.00                      |
| 09502  | Apples, raw, granny smith, with skin  | 109.0     | 1.0 cup, sliced          | 0.00                      |
| 21420  | KFC, Coleslaw   | 112.0     | 1.0 package              | 0.00                      |
| 03084  | Babyfood, dinner, vegetables and turkey, strained   | 256.0     | 1.0 cup                  | 0.00                      |
| 22977  | Lasagna with meat sauce, frozen, prepared   | 123.0     | 1.0 piece side           | 0.00                      |
| 10886  | Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated                          | 85.0      | 3.0 oz                   | 0.00                      |
| 16167  | USDA Commodity, Peanut Butter, smooth   | 32.0      | 2.0 tbsp                 | 0.00                      |
| 05352  | Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning                | 53.0      | 1.0 wing                 | 0.00                      |
| 28345  | Crackers, gluten-free, multi-seeded and multigrain  | 6.1       | 3.0 crackers             | 0.00                      |
| 12737  | Nuts, mixed nuts, oil roasted, with peanuts, lightly salted   | 28.35     | 1.0 oz                   | 0.00                      |
| 07953  | Pork sausage, link/patty, fully cooked, microwaved  | 30.0      | 1.0 patty                | 0.00                      |
| 01287  | Yogurt, Greek, plain, lowfat  | 200.0     | 1.0 container (7 oz)     | 0.00                      |
| 15141  | Crustaceans, crab, blue, canned   | 135.0     | 1.0 cup                  | 0.00                      |
| 09129  | Grapes, muscadine, raw  | 6.0       | 1.0 grape                | 0.00                      |
| 04143  | Salad dressing, italian dressing, commercial, regular, without salt                                     | 14.7      | 1.0 tablespoon           | 0.00                      |
| 27058  | Sauce, barbecue, OPEN PIT, original   | 17.0      | 1.0 tbsp                 | 0.00                      |
| 06611  | Soup, SWANSON, beef broth, lower sodium   | 213.0     | 1.0 cup                  | 0.00                      |
| 09522  | Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium                            | 200.0     | 6.75 fl oz               | 0.00                      |
| 11540  | Tomato juice, canned, with salt added   | 243.0     | 1.0 cup                  | 0.00                      |
| 32034  | HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared  | 64.0      | 1.0 patty                | 0.00                      |
| 19905  | Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 28.35     | 1.0 oz                   | 0.00                      |
| 10955  | Pork, cured, ham, rump, bone-in, separable lean and fat, unheated                                       | 85.0      | 3.0 oz                   | 0.00                      |
| 12131  | Nuts, macadamia nuts, raw   | 134.0     | 1.0 cup, whole or halves | 0.00                      |
| 06626  | Sauce, pesto, ready-to-serve, refrigerated  | 63.0      | 0.25 cup                 | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure   | Maltose(g)<br>Per Measure |
|--------|--|-----------|---|---------------------------|
| 36053  | CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce   | 365.0     | 1.0 serving varied from 8 to 10 ravioli per serving | 0.00                      |
| 01160  | Egg, yolk, raw, frozen, salted, pasteurized  | 28.35     | 1.0 oz  | 0.00                      |
| 11360  | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated                                | 69.0      | 10.0 strip  | 0.00                      |
| 14287  | Beverages, Lemonade, powder  | 18.0      | 1.0 serving   | 0.00                      |
| 21268  | TACO BELL, Nachos  | 80.0      | 1.0 serving   | 0.00                      |
| 23319  | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 114.0     | 4.0 oz  | 0.00                      |
| 11902  | Corn, sweet, white, cooked, boiled, drained, with salt   | 89.0      | 1.0 ear, small (5-1/2" to 6-1/2" long)              | 0.00                      |
| 17154  | Veal, Australian, separable fat, raw   | 28.0      | 1.0 oz  | 0.00                      |
| 05721  | Turkey, breast, from whole bird, meat only, with added solution, raw   | 114.0     | 4.0 oz  | 0.00                      |
| 28366  | RUDI'S, Gluten-Free Bakery, Original Sandwich Bread  | 34.0      | 1.0 slice   | 0.00                      |
| 14164  | Beverages, chocolate malt powder, prepared with 1% milk, fortified   | 98.0      | 1.0 cup dry mix                                     | 0.00                      |
| 19034  | Snacks, popcorn, air-popped  | 8.0       | 1.0 cup   | 0.00                      |
| 10907  | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   | 28.35     | 1.0 oz shank  | 0.00                      |
| 36021  | APPLEBEE'S, coleslaw   | 76.0      | 1.0 serving   | 0.00                      |
| 09210  | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D   | 249.0     | 1.0 cup   | 0.00                      |
| 11251  | Lettuce, cos or romaine, raw   | 47.0      | 1.0 cup shredded                                    | 0.00                      |
| 43217  | Tomato sauce, canned, no salt added  | 245.0     | 1.0 cup   | 0.00                      |
| 02069  | Vinegar, balsamic  | 16.0      | 1.0 tbsp  | 0.00                      |
| 11742  | Broccoli, cooked, boiled, drained, with salt   | 78.0      | 0.5 cup, chopped                                    | 0.00                      |
| 05227  | Turkey, wing, from whole bird, meat only, raw  | 85.0      | 3.0 oz  | 0.00                      |
| 35198  | Prickly pears, raw (Northern Plains Indians)   | 19.0      | 1.0 pad peeled                                      | 0.00                      |
| 20048  | Rice, white, long-grain, precooked or instant, enriched, dry   | 95.0      | 1.0 cup   | 0.00                      |
| 11096  | Broccoli raab, raw   | 40.0      | 1.0 cup chopped                                     | 0.00                      |
| 12220  | Seeds, flaxseed  | 10.3      | 1.0 tbsp, whole                                     | 0.00                      |
| 07006  | Bockwurst, pork, veal, raw   | 91.0      | 1.0 sausage   | 0.00                      |
| 01253  | Cheese, pasteurized process, American, without added vitamin D   | 28.35     | 1.0 oz  | 0.00                      |
| 21144  | CHICK-FIL-A, hash browns   | 5.5       | 1.0 piece   | 0.00                      |
| 35202  | Raspberries, wild (Northern Plains Indians)  | 130.0     | 1.0 cup   | 0.00                      |
| 11411  | Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased  | 153.0     | 10.0 strip  | 0.00                      |
| 15019  | Fish, cod, Pacific, raw (may have been previously frozen)  | 116.0     | 1.0 fillet  | 0.00                      |
| 09039  | Avocados, raw, Florida   | 230.0     | 1.0 cup, pureed                                     | 0.00                      |
| 03681  | Babyfood, cereal, barley, prepared with whole milk   | 28.35     | 1.0 oz  | 0.00                      |
| 36413  | Restaurant, Latino, black bean soup  | 246.0     | 1.0 cup   | 0.00                      |
| 11993  | Mushrooms, maitake, raw  | 70.0      | 1.0 cup diced                                       | 0.00                      |
| 06119  | Gravy, chicken, canned or bottled, ready-to-serve  | 57.0      | 0.25 cup  | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                             | Maltose(g)<br>Per Measure |
|--------|--|-----------|-------------------------------------|---------------------------|
| 09450  | Naranjilla (lulo) pulp, frozen, unsweetened  | 120.0     | 1.0 cup thawed                      | 0.00                      |
| 31035  | Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS   | 269.0     | 1.0 cup                             | 0.00                      |
| 14226  | Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice   | 242.0     | 8.0 fl oz                           | 0.00                      |
| 10923  | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted                 | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 36037  | Restaurant, family style, chili with meat and beans  | 136.0     | 1.0 cup                             | 0.00                      |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D  | 244.0     | 1.0 cup                             | 0.00                      |
| 16145  | Beans, kidney, red, mature seeds, canned, drained solids   | 266.0     | 1.0 can drained solids              | 0.00                      |
| 10883  | Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted                  | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 05348  | Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning                   | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 11144  | Celery, cooked, boiled, drained, without salt  | 150.0     | 1.0 cup, diced                      | 0.00                      |
| 18949  | Crackers, whole-wheat, reduced fat   | 29.0      | 1.0 serving                         | 0.00                      |
| 07074  | Smoked link sausage, pork  | 68.0      | 1.0 link (4" long x 1-1/8" dia)     | 0.00                      |
| 01284  | Yogurt, Greek, strawberry, lowfat  | 150.0     | 1.0 container (5.3 oz)              | 0.00                      |
| 15089  | Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone                                     | 89.0      | 1.0 cup                             | 0.00                      |
| 09094  | Figs, dried, uncooked  | 149.0     | 1.0 cup                             | 0.00                      |
| 04120  | Salad dressing, french dressing, commercial, regular   | 16.0      | 1.0 tbsp                            | 0.00                      |
| 27055  | Sauce, barbecue, SWEET BABY RAY'S, original  | 18.0      | 1.0 tbsp                            | 0.00                      |
| 06434  | CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup   | 247.0     | 1.0 cup                             | 0.00                      |
| 09517  | Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium                | 177.0     | 6.0 fl oz                           | 0.00                      |
| 11530  | Tomatoes, red, ripe, cooked  | 240.0     | 1.0 cup                             | 0.00                      |
| 19902  | Chocolate, dark, 45- 59% cacao solids  | 28.35     | 1.0 oz                              | 0.00                      |
| 10937  | Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil                                  | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 12120  | Nuts, hazelnuts or filberts  | 115.0     | 1.0 cup, chopped                    | 0.00                      |
| 01133  | Egg, whole, dried  | 85.0      | 1.0 cup, sifted                     | 0.00                      |
| 11357  | Potatoes, white, flesh and skin, baked   | 299.0     | 1.0 potato large (3" to 4-1/4" dia) | 0.00                      |
| 14279  | Beverages, tea, black, ready-to-drink, peach, diet   | 268.0     | 1.0 cup                             | 0.00                      |
| 08507  | Cereals ready-to-eat, RALSTON Crispy Hexagons  | 29.0      | 1.0 cup (1 NLEA serving)            | 0.00                      |
| 23316  | Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw | 114.0     | 4.0 oz                              | 0.00                      |
| 11886  | Tomato juice, canned, without salt added   | 243.0     | 1.0 cup                             | 0.00                      |
| 05704  | Turkey, whole, meat only, with added solution, raw   | 85.0      | 3.0 oz                              | 0.00                      |
| 09415  | Pears, raw, green anjou  | 140.0     | 1.0 cup, sliced                     | 0.00                      |
| 14091  | Beverages, almond milk, unsweetened, shelf stable  | 262.0     | 1.0 cup                             | 0.00                      |
| 19003  | Snacks, corn-based, extruded, chips, plain   | 28.0      | 1.0 oz                              | 0.00                      |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS  | 28.0      | 1.0 cup (1 NLEA serving)            | 0.00                      |
| 10904  | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated                        | 28.35     | 1.0 oz rump                         | 0.00                      |
| 22914  | Pasta with tomato sauce, no meat, canned   | 252.0     | 1.0 serving (1 NLEA serving)        | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                             | Maltose(g)<br>Per Measure |
|--------|--|-----------|-------------------------------------|---------------------------|
| 36018  | APPLEBEE'S, fish, hand battered  | 250.0     | 1.0 serving                         | 0.00                      |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd   | 145.0     | 1.0 cup (not packed)                | 0.00                      |
| 15244  | Mollusks, oyster, eastern, wild, cooked, dry heat  | 85.0      | 3.0 oz                              | 0.00                      |
| 20650  | Sorghum flour, refined, unenriched   | 161.0     | 1.0 cup                             | 0.00                      |
| 09202  | Oranges, raw, navels   | 165.0     | 1.0 cup sections, without membranes | 0.00                      |
| 11240  | Mushrooms, morel, raw  | 66.0      | 1.0 cup                             | 0.00                      |
| 36632  | CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce  | 537.0     | 1.0 serving                         | 0.00                      |
| 02044  | Basil, fresh   | 2.5       | 5.0 leaves                          | 0.00                      |
| 10867  | Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted                            | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 11705  | Asparagus, cooked, boiled, drained, with salt  | 90.0      | 0.5 cup                             | 0.00                      |
| 05187  | Turkey from whole, dark meat, meat only, raw   | 85.0      | 1.0 serving                         | 0.00                      |
| 35183  | Corn, dried, yellow (Northern Plains Indians)  | 28.35     | 1.0 oz                              | 0.00                      |
| 20044  | Rice, white, long-grain, regular, raw, enriched  | 185.0     | 1.0 cup                             | 0.00                      |
| 11082  | Beets, canned, regular pack, solids and liquids  | 246.0     | 1.0 cup                             | 0.00                      |
| 12155  | Nuts, walnuts, english   | 117.0     | 1.0 cup, chopped                    | 0.00                      |
| 36406  | Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)   | 590.0     | 1.0 serving                         | 0.00                      |
| 01229  | Cheese, white, queso blanco  | 118.0     | 1.0 cup, crumbled                   | 0.00                      |
| 21141  | BURGER KING, Vanilla Shake   | 24.8      | 1.0 fl oz                           | 0.00                      |
| 11399  | Potato puffs, frozen, oven-heated  | 79.0      | 10.0 puffs                          | 0.00                      |
| 14632  | Beverages, Meal supplement drink, canned, peanut flavor  | 158.0     | 1.0 cup                             | 0.00                      |
| 09032  | Apricots, dried, sulfured, uncooked  | 130.0     | 1.0 cup, halves                     | 0.00                      |
| 25028  | Tortilla chips, yellow, plain, salted  | 28.35     | 1.0 oz                              | 0.00                      |
| 11960  | Carrots, baby, raw   | 15.0      | 1.0 large                           | 0.00                      |
| 06043  | Soup, cream of mushroom, canned, condensed   | 126.0     | 0.5 cup                             | 0.00                      |
| 09447  | Plantains, yellow, fried, Latino restaurant  | 169.0     | 1.0 cup                             | 0.00                      |
| 31032  | Vegetable smoothie, NAKED JUICE, KALE BLAZER   | 268.0     | 1.0 cup                             | 0.00                      |
| 14217  | Beverages, OCEAN SPRAY, Cran Grape   | 240.0     | 8.0 fl oz                           | 0.00                      |
| 08121  | Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt | 234.0     | 1.0 cup                             | 0.00                      |
| 10920  | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil                    | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk  | 80.0      | 1.0 cup                             | 0.00                      |
| 21417  | POPEYES, Mild Chicken Strips, analyzed 2006  | 54.0      | 1.0 strip                           | 0.00                      |
| 09266  | Pineapple, raw, all varieties  | 165.0     | 1.0 cup, chunks                     | 0.00                      |
| 11294  | Onions, sweet, raw   | 148.0     | 1.0 NLEA serving                    | 0.00                      |
| 03073  | Babyfood, dinner, vegetables chicken, strained   | 256.0     | 1.0 cup                             | 0.00                      |
| 18942  | Pie Crust, Cookie-type, Graham Cracker, Ready Crust  | 28.35     | 1.0 oz                              | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                   | Maltose(g)<br>Per Measure |
|--------|--|-----------|---------------------------|---------------------------|
| 07066  | Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)                       | 128.0     | 1.0 cup                   | 0.00                      |
| 01278  | Yogurt, Greek, nonfat, vanilla, DANNON OIKOS   | 150.0     | 5.3 oz                    | 0.00                      |
| 35237  | Tamales, masa and pork filling (Hopi)  | 113.0     | 4.0 oz                    | 0.00                      |
| 11477  | Squash, summer, zucchini, includes skin, raw   | 124.0     | 1.0 cup, chopped          | 0.00                      |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat   | 149.0     | 1.0 fillet                | 0.00                      |
| 09079  | Cranberries, dried, sweetened  | 40.0      | 0.25 cup                  | 0.00                      |
| 06395  | CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup   | 243.0     | 1.0 cup                   | 0.00                      |
| 09513  | Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD  | 227.0     | 1.0 cup                   | 0.00                      |
| 08435  | Cereals ready-to-eat, UNCLE SAM CEREAL   | 55.0      | 0.75 cup (1 NLEA serving) | 0.00                      |
| 10934  | Pork, cured, ham, shank, bone-in, separable lean only, unheated  | 28.35     | 1.0 oz                    | 0.00                      |
| 12087  | Nuts, cashew nuts, raw   | 28.35     | 1.0 oz                    | 0.00                      |
| 36047  | OLIVE GARDEN, spaghetti with pomodoro sauce  | 478.0     | 1.0 serving               | 0.00                      |
| 01130  | Egg, whole, cooked, omelet   | 15.0      | 1.0 tbsp                  | 0.00                      |
| 21470  | Fast Foods, Fried Chicken, Drumstick, meat and skin with breading  | 75.0      | 1.0 drumstick, with skin  | 0.00                      |
| 11354  | Potatoes, white, flesh and skin, raw   | 75.0      | 0.5 cup, diced            | 0.00                      |
| 14258  | Beverages, OCEAN SPRAY, White Cranberry Peach  | 247.0     | 8.0 fl oz                 | 0.00                      |
| 03121  | Babyfood, vegetables, peas, strained   | 16.0      | 1.0 tbsp                  | 0.00                      |
| 23304  | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 114.0     | 4.0 oz                    | 0.00                      |
| 16399  | Peanut butter with omega-3, creamy   | 16.0      | 1.0 tbsp                  | 0.00                      |
| 05698  | Turkey, skin from whole (light and dark), with added solution, raw   | 28.35     | 1.0 oz                    | 0.00                      |
| 09409  | Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid  | 250.0     | 1.0 cup                   | 0.00                      |
| 28360  | MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free   | 7.4       | 3.0 crackers              | 0.00                      |
| 14013  | Alcoholic beverage, beer, light, low carb  | 29.5      | 1.0 fl oz                 | 0.00                      |
| 10901  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated                                 | 28.35     | 1.0 oz spiral slice       | 0.00                      |
| 15192  | Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)   | 90.0      | 1.0 fillet                | 0.00                      |
| 27068  | Dip, FRITO'S, bean, original flavor  | 36.0      | 2.0 tbsp                  | 0.00                      |
| 36629  | Restaurant, Chinese, orange chicken  | 648.0     | 1.0 order                 | 0.00                      |
| 02030  | Spices, pepper, black  | 2.3       | 1.0 tsp, ground           | 0.00                      |
| 10132  | Pork, cured, feet, pickled   | 28.35     | 1.0 oz                    | 0.00                      |
| 11674  | Potatoes, baked, flesh and skin, without salt  | 148.0     | 1.0 NLEA serving          | 0.00                      |
| 05181  | Turkey from whole, light meat, meat and skin, raw  | 85.0      | 3.0 oz                    | 0.00                      |
| 35145  | Stew, hominy with mutton (Navajo)  | 411.0     | 1.0 serving               | 0.00                      |
| 20036  | Rice, brown, long-grain, raw   | 185.0     | 1.0 cup                   | 0.00                      |
| 11060  | Beans, snap, green, frozen, all styles, unprepared   | 121.0     | 1.0 cup                   | 0.00                      |



| NDB_No | Description   | Weight(g) | Measure             | Maltose(g)<br>Per Measure |
|--------|---|-----------|---------------------|---------------------------|
| 06749  | Soup, beef and vegetables, canned, ready-to-serve   | 250.0     | 1.0 cup             | 0.00                      |
| 01225  | Dulce de Leche  | 19.0      | 1.0 tbsp            | 0.00                      |
| 11394  | Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased  | 30.0      | 10.0 strip          | 0.00                      |
| 11947  | Pickles, cucumber, dill, reduced sodium   | 35.0      | 1.0 spear, small    | 0.00                      |
| 06018  | Soup, chunky chicken noodle, canned, ready-to-serve   | 530.0     | 1.0 can             | 0.00                      |
| 09443  | Juice, apple and grape blend, with added ascorbic acid  | 250.0     | 8.0 fl oz           | 0.00                      |
| 31021  | Potatoes, hash brown, refrigerated, unprepared  | 159.0     | 1.0 cup unprepared  | 0.00                      |
| 14207  | Beverages, tea, ready-to-drink, lemon, diet   | 266.0     | 1.0 cup             | 0.00                      |
| 19183  | Puddings, chocolate, ready-to-eat   | 28.35     | 1.0 oz              | 0.00                      |
| 10917  | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted                                 | 85.0      | 1.0 serving (3 oz)  | 0.00                      |
| 01056  | Cream, sour, cultured   | 12.0      | 1.0 tbsp            | 0.00                      |
| 16097  | Peanut butter, chunk style, with salt   | 32.0      | 2.0 tbsp            | 0.00                      |
| 09254  | Pears, canned, juice pack, solids and liquids   | 248.0     | 1.0 cup, halves     | 0.00                      |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210.0     | 1.0 cup             | 0.00                      |
| 03062  | Babyfood, dinner, vegetables and ham, junior  | 256.0     | 1.0 cup             | 0.00                      |
| 10880  | Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated   | 85.0      | 3.0 oz              | 0.00                      |
| 05345  | Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning                                     | 89.0      | 1.0 thigh           | 0.00                      |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt  | 146.0     | 1.0 cup, sliced     | 0.00                      |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added  | 134.0     | 1.0 cup             | 0.00                      |
| 04017  | Salad dressing, thousand island, commercial, regular  | 16.0      | 1.0 tbsp            | 0.00                      |
| 27043  | Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve   | 519.0     | 1.0 can             | 0.00                      |
| 36603  | Restaurant, Chinese, beef and vegetables  | 574.0     | 1.0 order           | 0.00                      |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)  | 28.35     | 1.0 oz              | 0.00                      |
| 06338  | CAMPBELL'S, Cream of Mushroom Soup, condensed   | 129.0     | 0.5 cup condensed   | 0.00                      |
| 09508  | Fruit juice smoothie, NAKED JUICE, GREEN MACHINE  | 275.0     | 1.0 cup             | 0.00                      |
| 19411  | Snacks, potato chips, plain, salted   | 28.0      | 1.0 oz              | 0.00                      |
| 08180  | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt | 234.0     | 1.0 cup             | 0.00                      |
| 10931  | Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted   | 85.0      | 1.0 serving (3 oz)  | 0.00                      |
| 36044  | ON THE BORDER, Mexican rice   | 114.0     | 1.0 cup             | 0.00                      |
| 01126  | Egg, yolk, raw, frozen, pasteurized   | 28.35     | 1.0 oz              | 0.00                      |
| 21458  | POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading  | 138.0     | 1.0 thigh with skin | 0.00                      |
| 09352  | Blueberries, canned, light syrup, drained   | 244.0     | 1.0 cup             | 0.00                      |
| 11339  | Peppers, sweet, green, sauteed  | 115.0     | 1.0 cup chopped     | 0.00                      |
| 14255  | Beverages, OCEAN SPRAY, Cran Pomegranate  | 248.0     | 8.0 fl oz           | 0.00                      |
| 23300  | Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw  | 28.0      | 1.0 oz              | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                          | Maltose(g)<br>Per Measure |
|--------|---|-----------|----------------------------------|---------------------------|
| 11856  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt                      | 95.0      | 0.5 cup                          | 0.00                      |
| 16390  | Peanuts, all types, dry-roasted, without salt   | 146.0     | 1.0 cup                          | 0.00                      |
| 05693  | Chicken, broiler, rotisserie, BBQ, back meat only   | 85.0      | 3.0 oz                           | 0.00                      |
| 21381  | McDONALD'S, Fruit 'n Yogurt Parfait (without granola)                                     | 142.0     | 1.0 item                         | 0.00                      |
| 28357  | GLUTINO, Gluten Free Cookies, Vanilla Creme   | 45.0      | 3.0 cookies                      | 0.00                      |
| 14005  | Alcoholic beverage, beer, light, BUDWEISER SELECT   | 29.5      | 1.0 fl oz                        | 0.00                      |
| 10898  | Pork, pickled pork hocks  | 117.0     | 3.0 oz                           | 0.00                      |
| 02021  | Spices, ginger, ground  | 1.8       | 1.0 tsp                          | 0.00                      |
| 15167  | Mollusks, oyster, eastern, wild, raw  | 84.0      | 6.0 medium                       | 0.00                      |
| 20447  | Rice, white, long-grain, parboiled, unenriched, cooked                                    | 158.0     | 1.0 cup                          | 0.00                      |
| 09153  | Lemon juice from concentrate, canned or bottled   | 15.0      | 1.0 tbsp                         | 0.00                      |
| 27065  | Dip, bean, original flavor  | 36.0      | 2.0 tbsp                         | 0.00                      |
| 36624  | Restaurant, Chinese, vegetable chow mein, without meat or noodles                         | 777.0     | 1.0 order                        | 0.00                      |
| 02027  | Spices, oregano, dried  | 1.0       | 1.0 tsp, leaves                  | 0.00                      |
| 09531  | Fruit juice smoothie, NAKED JUICE, strawberry banana                                      | 228.0     | 1.0 cup                          | 0.00                      |
| 05165  | Turkey, whole, meat and skin, raw   | 85.0      | 3.0 oz                           | 0.00                      |
| 19924  | Syrup, NESTLE, chocolate  | 20.0      | 1.0 tablespoon                   | 0.00                      |
| 21311  | McDONALD'S, Creamy Ranch Sauce  | 43.0      | 1.5 oz                           | 0.00                      |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt       | 170.0     | 1.0 cup                          | 0.00                      |
| 12143  | Nuts, pecans, dry roasted, without salt added   | 28.35     | 1.0 oz                           | 0.00                      |
| 06633  | Sauce, hot chile, sriracha, TUONG OT SRIRACHA   | 6.2       | 1.0 tsp                          | 0.00                      |
| 01202  | Milk, chocolate, fluid, commercial, reduced fat, with added calcium                       | 250.0     | 1.0 cup                          | 0.00                      |
| 09003  | Apples, raw, with skin  | 125.0     | 1.0 cup, quartered or chopped    | 0.00                      |
| 25014  | Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil | 7.9       | 1.0 cup                          | 0.00                      |
| 11938  | Mushroom, white, exposed to ultraviolet light, raw  | 70.0      | 1.0 cup pieces or slices         | 0.00                      |
| 05738  | Turkey, drumstick, from whole bird, meat only, raw  | 85.0      | 3.0 oz                           | 0.00                      |
| 28374  | VAN'S, Gluten Free, Totally Original Pancakes   | 48.0      | 1.0 pancake                      | 0.00                      |
| 14199  | Beverages, tea, black, ready-to-drink, lemon, sweetened                                   | 271.0     | 1.0 cup                          | 0.00                      |
| 19078  | Baking chocolate, unsweetened, squares  | 29.0      | 1.0 oz square Bakers             | 0.00                      |
| 08092  | Cereals, QUAKER, corn grits, instant, plain, dry  | 29.0      | 1.0 packet                       | 0.00                      |
| 10914  | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted  | 85.0      | 1.0 serving (3 oz)               | 0.00                      |
| 36028  | DENNY'S, coleslaw   | 91.0      | 1.0 serving                      | 0.00                      |
| 01049  | Cream, fluid, half and half   | 30.2      | 1.0 fl oz                        | 0.00                      |
| 11267  | Mushrooms, shiitake, stir-fried   | 89.0      | 1.0 cup whole                    | 0.00                      |
| 07081  | Turkey breast, sliced, prepackaged  | 16.0      | 1.0 slice                        | 0.00                      |
| 03055  | Babyfood, dinner, beef with vegetables  | 113.0     | 1.0 jar Beech-Nut Stage 2 (4 oz) | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure               | Maltose(g)<br>Per Measure |
|--------|---|-----------|-----------------------|---------------------------|
| 10877  | Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted               | 85.0      | 1.0 serving (3 oz)    | 0.00                      |
| 05342  | Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning                | 85.0      | 3.0 oz                | 0.00                      |
| 28336  | Bread, gluten-free, white, made with potato extract, rice starch, and rice flour                      | 34.0      | 1.0 slice             | 0.00                      |
| 11124  | Carrots, raw  | 128.0     | 1.0 cup chopped       | 0.00                      |
| 07058  | Pickle and pimiento loaf, pork  | 38.0      | 1.0 slice             | 0.00                      |
| 01271  | Cheese, mozzarella, low moisture, part-skim, shredded   | 86.0      | 1.0 cup               | 0.00                      |
| 35234  | Piki bread, made from blue cornmeal (Hopi)  | 28.0      | 1.0 piece             | 0.00                      |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt                               | 95.0      | 0.5 cup               | 0.00                      |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 50.0      | 1.0 fillet            | 0.00                      |
| 14235  | Beverages, OCEAN SPRAY, Diet Cran Cherry  | 237.0     | 8.0 fl oz             | 0.00                      |
| 19353  | Syrups, maple   | 20.0      | 1.0 tbsp              | 0.00                      |
| 08159  | Cereals, corn grits, yellow, regular and quick, enriched, dry   | 170.0     | 1.0 cup               | 0.00                      |
| 10927  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 145.0     | 1.0 slice             | 0.00                      |
| 36041  | Restaurant, Italian, lasagna with meat  | 457.0     | 1.0 serving           | 0.00                      |
| 01123  | Egg, whole, raw, fresh  | 50.0      | 1.0 large             | 0.00                      |
| 21080  | Fast foods, nachos, with cheese, beans, ground beef, and tomatoes                                     | 222.0     | 1.0 serving           | 0.00                      |
| 21436  | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading                               | 135.0     | 1.0 thigh, with skin  | 0.00                      |
| 09316  | Strawberries, raw   | 152.0     | 1.0 cup, halves       | 0.00                      |
| 14251  | Alcoholic beverages, beer, higher alcohol   | 30.6      | 1.0 fl oz             | 0.00                      |
| 23296  | Beef, Australian, imported, grass-fed, external fat, raw  | 28.35     | 1.0 oz                | 0.00                      |
| 10890  | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated                    | 85.0      | 3.0 oz                | 0.00                      |
| 11841  | Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated                  | 74.0      | 10.0 strip            | 0.00                      |
| 16338  | Beans, navy, mature seeds, cooked, boiled, with salt  | 182.0     | 1.0 cup               | 0.00                      |
| 05359  | Chicken, broiler, rotisserie, BBQ, drumstick meat and skin  | 71.0      | 1.0 drumstick         | 0.00                      |
| 21378  | McDONALD'S, Bacon Ranch Salad without chicken   | 223.0     | 1.0 item 7.8 oz       | 0.00                      |
| 13800  | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked   | 85.0      | 3.0 oz                | 0.00                      |
| 18958  | Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour   | 42.0      | 1.0 piece (1 serving) | 0.00                      |
| 10893  | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated           | 28.35     | 1.0 oz spiral slice   | 0.00                      |
| 02011  | Spices, cloves, ground  | 2.1       | 1.0 tsp               | 0.00                      |
| 36009  | T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu   | 144.0     | 1.0 cup               | 0.00                      |
| 15151  | Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)              | 85.0      | 3.0 oz                | 0.00                      |
| 09144  | Jackfruit, raw  | 165.0     | 1.0 cup, sliced       | 0.00                      |
| 27062  | Soup, beef barley, ready to serve   | 208.0     | 1.0 cup               | 0.00                      |
| 36621  | Restaurant, Chinese, sweet and sour chicken   | 706.0     | 1.0 order             | 0.00                      |
| 11578  | Vegetable juice cocktail, canned  | 253.0     | 1.0 cup               | 0.00                      |
| 04640  | Salad dressing, ranch dressing, reduced fat   | 15.0      | 1.0 tablespoon        | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                    | Maltose(g)<br>Per Measure |
|--------|--|-----------|----------------------------|---------------------------|
| 35015  | Blackberries, wild, raw (Alaska Native)  | 157.0     | 1.0 cup                    | 0.00                      |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt   | 120.0     | 1.0 artichoke, medium      | 0.00                      |
| 12137  | Nuts, mixed nuts, oil roasted, with peanuts, without salt added  | 134.0     | 1.0 cup                    | 0.00                      |
| 06630  | Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve  | 60.0      | 0.25 cup                   | 0.00                      |
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added  | 210.0     | 1.0 cup                    | 0.00                      |
| 14297  | Beverages, lemonade-flavor drink, powder, prepared with water  | 31.8      | 1.0 fl oz                  | 0.00                      |
| 08577  | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt                                      | 245.0     | 1.0 cup                    | 0.00                      |
| 23323  | Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw | 114.0     | 4.0 oz                     | 0.00                      |
| 11934  | Potatoes, mashed, home-prepared, whole milk and butter added   | 210.0     | 1.0 cup                    | 0.00                      |
| 05729  | Turkey, wing, from whole bird, meat only, with added solution, raw   | 85.0      | 3.0 oz                     | 0.00                      |
| 09433  | Clementines, raw   | 74.0      | 1.0 fruit                  | 0.00                      |
| 14188  | Beverages, tea, green, ready to drink, ginseng and honey, sweetened  | 260.0     | 1.0 cup                    | 0.00                      |
| 19056  | Snacks, tortilla chips, plain, white corn, salted  | 28.35     | 1.0 oz                     | 0.00                      |
| 10911  | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated  | 28.35     | 1.0 oz                     | 0.00                      |
| 36025  | CRACKER BARREL, coleslaw   | 167.0     | 1.0 serving                | 0.00                      |
| 01040  | Cheese, swiss  | 132.0     | 1.0 cup, diced             | 0.00                      |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt  | 182.0     | 1.0 cup                    | 0.00                      |
| 20657  | Pasta, gluten-free, corn and rice flour, cooked  | 141.0     | 1.0 cup spaghetti          | 0.00                      |
| 09218  | Tangerines, (mandarin oranges), raw  | 195.0     | 1.0 cup, sections          | 0.00                      |
| 11260  | Mushrooms, white, raw  | 70.0      | 1.0 cup, pieces or slices  | 0.00                      |
| 43514  | Frozen novelties, ice type, pop, with low calorie sweetener  | 55.0      | 1.0 serving 1.75 fl oz pop | 0.00                      |
| 10874  | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted                                   | 85.0      | 1.0 serving (3 oz)         | 0.00                      |
| 11758  | Carrots, canned, no salt added, solids and liquids   | 123.0     | 0.5 cup slices             | 0.00                      |
| 28333  | Cookies, gluten-free, chocolate wafer  | 23.0      | 3.0 cookies                | 0.00                      |
| 11110  | Cabbage, cooked, boiled, drained, without salt   | 75.0      | 0.5 cup, shredded          | 0.00                      |
| 12538  | Seeds, sunflower seed kernels, oil roasted, with salt added  | 135.0     | 1.0 cup                    | 0.00                      |
| 01258  | Egg, white, dried, stabilized, glucose reduced   | 107.0     | 1.0 cup, sifted            | 0.00                      |
| 35206  | Plums, wild (Northern Plains Indians)  | 161.0     | 1.0 cup                    | 0.00                      |
| 11436  | Rutabagas, cooked, boiled, drained, without salt   | 170.0     | 1.0 cup, cubes             | 0.00                      |
| 15036  | Fish, halibut, Atlantic and Pacific, raw   | 85.0      | 3.0 oz                     | 0.00                      |
| 09053  | Blueberries, wild, frozen  | 140.0     | 1.0 cup, frozen            | 0.00                      |
| 03712  | Babyfood, cereal, rice, with bananas, prepared with whole milk   | 28.35     | 1.0 oz                     | 0.00                      |
| 36418  | Restaurant, Mexican, refried beans   | 148.0     | 1.0 cup                    | 0.00                      |
| 12016  | Seeds, pumpkin and squash seed kernels, roasted, without salt  | 118.0     | 1.0 cup                    | 0.00                      |
| 06188  | Soup, beef broth, less/reduced sodium, ready to serve  | 219.0     | 1.0 cup                    | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                  | Maltose(g)<br>Per Measure |
|--------|--|-----------|--------------------------|---------------------------|
| 09503  | Apples, raw, gala, with skin   | 109.0     | 1.0 cup, sliced          | 0.00                      |
| 01085  | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)                                       | 245.0     | 1.0 cup                  | 0.00                      |
| 16146  | Beans, pinto, canned, drained solids   | 277.0     | 1.0 can drained solids   | 0.00                      |
| 21421  | KFC, Crispy Chicken Strips   | 47.0      | 1.0 strip                | 0.00                      |
| 09298  | Raisins, seedless  | 165.0     | 1.0 cup, packed          | 0.00                      |
| 10887  | Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated                                 | 28.35     | 1.0 oz                   | 0.00                      |
| 11821  | Peppers, sweet, red, raw   | 149.0     | 1.0 cup, chopped         | 0.00                      |
| 16171  | Refried beans, canned, vegetarian  | 242.0     | 1.0 cup                  | 0.00                      |
| 05356  | Chicken, broiler, rotisserie, BBQ, skin  | 85.0      | 1.0 serving              | 0.00                      |
| 28346  | Waffles, gluten-free, frozen, ready-to-heat  | 45.0      | 1.0 waffle               | 0.00                      |
| 07961  | Chicken breast, deli, rotisserie seasoned, sliced, prepackaged   | 12.0      | 1.0 slice                | 0.00                      |
| 02003  | Spices, basil, dried   | 0.7       | 1.0 tsp, leaves          | 0.00                      |
| 36005  | APPLEBEE'S, chicken tenders, from kids' menu   | 35.0      | 1.0 piece                | 0.00                      |
| 15147  | Crustaceans, lobster, northern, raw  | 150.0     | 1.0 lobster              | 0.00                      |
| 09130  | Grape juice, canned or bottled, unsweetened, with added ascorbic acid  | 253.0     | 1.0 cup                  | 0.00                      |
| 04144  | Salad dressing, italian dressing, reduced fat, without salt  | 15.0      | 1.0 tablespoon           | 0.00                      |
| 27059  | Sauce, peanut, made from peanut butter, water, soy sauce   | 18.0      | 1.0 tbsp                 | 0.00                      |
| 36618  | Restaurant, Chinese, general tso's chicken   | 535.0     | 1.0 order                | 0.00                      |
| 06615  | Soup, SWANSON, vegetable broth   | 220.0     | 1.0 cup                  | 0.00                      |
| 09523  | Lemon juice from concentrate, bottled, CONCORD   | 15.0      | 1.0 tbsp                 | 0.00                      |
| 32035  | BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared   | 72.0      | 1.0 patty                | 0.00                      |
| 19906  | Sweeteners, for baking, brown, contains sugar and sucralose  | 12.9      | 1.0 tbsp                 | 0.00                      |
| 10994  | Bacon, pre-sliced, reduced/low sodium, unprepared  | 26.0      | 1.0 slice                | 0.00                      |
| 12132  | Nuts, macadamia nuts, dry roasted, without salt added  | 132.0     | 1.0 cup, whole or halves | 0.00                      |
| 06627  | Sauce, pesto, ready-to-serve, shelf stable   | 61.0      | 0.25 cup                 | 0.00                      |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt  | 78.0      | 0.5 cup                  | 0.00                      |
| 14288  | Lemonade, powder, prepared with water  | 33.0      | 1.0 fl oz                | 0.00                      |
| 08574  | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt                      | 244.0     | 1.0 cup                  | 0.00                      |
| 03143  | Babyfood, fruit, applesauce and apricots, junior   | 16.0      | 1.0 tbsp                 | 0.00                      |
| 21269  | TACO BELL, Nachos Supreme  | 222.0     | 1.0 serving              | 0.00                      |
| 23320  | Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw | 114.0     | 4.0 oz                   | 0.00                      |
| 17155  | Veal, Australian, rib, rib roast, separable lean and fat, raw  | 85.0      | 3.0 oz                   | 0.00                      |
| 05724  | Turkey, drumstick, from whole bird, meat only, with added solution, raw  | 114.0     | 4.0 oz                   | 0.00                      |
| 09428  | Rowal, raw   | 114.0     | 0.5 cup                  | 0.00                      |
| 28367  | SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies  | 44.0      | 3.0 cookies              | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                      | Maltose(g)<br>Per Measure |
|--------|---|-----------|------------------------------|---------------------------|
| 14165  | Beverages, carbonated, limeade, high caffeine   | 253.0     | 1.0 cup                      | 0.00                      |
| 19035  | Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat                          | 11.0      | 1.0 cup                      | 0.00                      |
| 10908  | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated           | 28.35     | 1.0 oz rump                  | 0.00                      |
| 01029  | Cheese, mozzarella, low moisture, part-skim   | 132.0     | 1.0 cup, diced               | 0.00                      |
| 16029  | Beans, kidney, all types, mature seeds, canned  | 256.0     | 1.0 cup                      | 0.00                      |
| 20654  | Pasta, gluten-free, brown rice flour, cooked, TINKYADA  | 169.0     | 1.0 cup spaghetti not packed | 0.00                      |
| 09211  | Orange juice, chilled, includes from concentrate, with added calcium                          | 249.0     | 1.0 cup                      | 0.00                      |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 72.0      | 1.0 cup shredded             | 0.00                      |
| 43274  | Cheese, cream, low fat  | 15.0      | 1.0 tbsp                     | 0.00                      |
| 11751  | Cabbage, common, cooked, boiled, drained, with salt   | 75.0      | 0.5 cup, shredded            | 0.00                      |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared                             | 165.0     | 1.0 cup                      | 0.00                      |
| 11097  | Broccoli raab, cooked   | 85.0      | 1.0 NLEA serving             | 0.00                      |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                              | 118.0     | 1.0 cup                      | 0.00                      |
| 01254  | Cheese food, pasteurized process, American, without added vitamin D                           | 113.0     | 1.0 cup                      | 0.00                      |
| 35203  | Rose Hips, wild (Northern Plains Indians)   | 127.0     | 1.0 cup                      | 0.00                      |
| 11412  | Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated            | 133.0     | 10.0 strip                   | 0.00                      |
| 03685  | Babyfood, cereal, mixed, prepared with whole milk   | 28.35     | 1.0 oz                       | 0.00                      |
| 11998  | Mushrooms, portabella, exposed to ultraviolet light, raw                                      | 86.0      | 1.0 cup diced                | 0.00                      |
| 18128  | Cake, snack cakes, creme-filled, sponge   | 28.35     | 1.0 oz                       | 0.00                      |
| 09500  | Apples, raw, red delicious, with skin   | 109.0     | 1.0 cup, sliced              | 0.00                      |
| 31036  | Potatoes, mashed, ready-to-eat  | 229.0     | 1.0 cup                      | 0.00                      |
| 14227  | Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink                       | 247.0     | 8.0 fl oz                    | 0.00                      |
| 19334  | Sugars, brown   | 3.0       | 1.0 tsp unpacked             | 0.00                      |
| 10924  | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted | 85.0      | 1.0 serving (3 oz)           | 0.00                      |
| 21249  | BURGER KING, french fries   | 74.0      | 1.0 small serving            | 0.00                      |
| 10884  | Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated          | 28.35     | 1.0 oz                       | 0.00                      |
| 05349  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning | 53.0      | 1.0 drumstick                | 0.00                      |
| 11167  | Corn, sweet, yellow, raw  | 145.0     | 1.0 cup                      | 0.00                      |
| 01285  | Yogurt, Greek, strawberry, nonfat   | 150.0     | 1.0 container (5.3 oz)       | 0.00                      |
| 36002  | APPLEBEE'S, french fries  | 164.0     | 1.0 serving                  | 0.00                      |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi                                   | 85.0      | 3.0 oz                       | 0.00                      |
| 09112  | Grapefruit, raw, pink and red, all areas  | 230.0     | 1.0 cup sections, with juice | 0.00                      |
| 04141  | Salad dressing, french dressing, commercial, regular, without salt                            | 15.0      | 1.0 tablespoon               | 0.00                      |
| 27056  | Sauce, barbecue, BULL'S-EYE, original   | 16.0      | 1.0 tbsp                     | 0.00                      |
| 06545  | CAMPBELL'S Homestyle New England Clam Chowder   | 256.0     | 1.0 cup                      | 0.00                      |
| 09518  | Raspberries, frozen, unsweetened  | 140.0     | 1.0 cup, unthawed            | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure                             | Maltose(g)<br>Per Measure |
|--------|---|-----------|-------------------------------------|---------------------------|
| 11531  | Tomatoes, red, ripe, canned, packed in tomato juice   | 240.0     | 1.0 cup                             | 0.00                      |
| 32031  | Salisbury steak with gravy, frozen  | 63.0      | 1.0 patty                           | 0.00                      |
| 19903  | Chocolate, dark, 60-69% cacao solids  | 28.35     | 1.0 oz                              | 0.00                      |
| 10938  | Pork, cured, ham, slice, bone-in, separable lean only, unheated   | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 12121  | Nuts, hazelnuts or filberts, blanched   | 28.35     | 1.0 oz                              | 0.00                      |
| 01137  | Egg, yolk, dried  | 67.0      | 1.0 cup, sifted                     | 0.00                      |
| 11358  | Potatoes, red, flesh and skin, baked  | 299.0     | 1.0 potato large (3" to 4-1/4" dia. | 0.00                      |
| 14284  | Beverages, Cranberry juice cocktail   | 271.0     | 1.0 cup                             | 0.00                      |
| 23317  | Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw | 114.0     | 4.0 oz                              | 0.00                      |
| 11888  | Tomato products, canned, puree, with salt added   | 250.0     | 1.0 cup                             | 0.00                      |
| 05706  | Turkey, whole, meat and skin, with added solution, raw  | 85.0      | 3.0 oz                              | 0.00                      |
| 14148  | Beverages, carbonated, cola, regular  | 30.7      | 1.0 fl oz                           | 0.00                      |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor  | 28.35     | 1.0 oz, crunchy (about 21 pieces)   | 0.00                      |
| 22916  | Lasagna with meat & sauce, frozen entree  | 134.0     | 1.0 piece side                      | 0.00                      |
| 36019  | APPLEBEE'S, chili   | 136.0     | 1.0 cup                             | 0.00                      |
| 01015  | Cheese, cottage, lowfat, 2% milkfat   | 113.0     | 4.0 oz                              | 0.00                      |
| 16006  | Beans, baked, canned, plain or vegetarian   | 254.0     | 1.0 cup                             | 0.00                      |
| 20651  | Rice, brown, parboiled, cooked, UNCLE BENS  | 155.0     | 1.0 cup                             | 0.00                      |
| 09207  | Orange juice, canned, unsweetened   | 249.0     | 1.0 cup                             | 0.00                      |
| 11243  | Mushrooms, portabella, grilled  | 121.0     | 1.0 cup sliced                      | 0.00                      |
| 36633  | Restaurant, Chinese, sesame chicken   | 547.0     | 1.0 order                           | 0.00                      |
| 02046  | Mustard, prepared, yellow   | 5.0       | 1.0 tsp or 1 packet                 | 0.00                      |
| 10868  | Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil                       | 85.0      | 1.0 serving (3 oz)                  | 0.00                      |
| 11717  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt                              | 170.0     | 1.0 cup                             | 0.00                      |
| 05215  | Turkey, back from whole bird, meat only, raw  | 114.0     | 4.0 oz                              | 0.00                      |
| 35190  | Salmon, red (sockeye), filets with skin, smoked (Alaska Native)   | 108.0     | 1.0 filet                           | 0.00                      |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry   | 185.0     | 1.0 cup                             | 0.00                      |
| 06984  | Soup, SWANSON Chicken Broth 99% Fat Free  | 227.0     | 1.0 serving 1 cup 8 oz              | 0.00                      |
| 11402  | Potatoes, french fried, all types, salt added in processing, frozen, unprepared                               | 89.0      | 10.0 strip                          | 0.00                      |
| 14638  | Beverages, Horchata, as served in restaurant  | 228.0     | 1.0 cup                             | 0.00                      |
| 09037  | Avocados, raw, all commercial varieties   | 150.0     | 1.0 cup, cubes                      | 0.00                      |
| 03297  | Babyfood, dinner, apples and chicken, strained  | 28.35     | 1.0 oz                              | 0.00                      |
| 36411  | Restaurant, Latino, tamale, corn  | 166.0     | 1.0 piece                           | 0.00                      |
| 11979  | Peppers, jalapeno, raw  | 90.0      | 1.0 cup, sliced                     | 0.00                      |
| 06062  | CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed   | 123.0     | 0.5 cup                             | 0.00                      |
| 09448  | Nance, canned, syrup, drained   | 11.1      | 3.0 fruit without pits              | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                       | Maltose(g)<br>Per Measure |
|--------|--|-----------|-------------------------------|---------------------------|
| 31033  | Ginger root, pickled, canned, with artificial sweetener  | 25.0      | 2.0 tablespoon                | 0.00                      |
| 14220  | Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled   | 249.0     | 8.0 fl oz                     | 0.00                      |
| 19218  | Puddings, tapioca, ready-to-eat  | 28.35     | 1.0 oz                        | 0.00                      |
| 36035  | Restaurant, family style, coleslaw   | 108.0     | 1.0 serving                   | 0.00                      |
| 01077  | Milk, whole, 3.25% milkfat, with added vitamin D   | 244.0     | 1.0 cup                       | 0.00                      |
| 16123  | Soy sauce made from soy and wheat (shoyu)  | 16.0      | 1.0 tbsp                      | 0.00                      |
| 21026  | Fast foods, potatoes, hash browns, round pieces or patty   | 5.5       | 1.0 round piece               | 0.00                      |
| 21418  | POPEYES, Spicy Chicken Strips, analyzed 2006   | 53.0      | 1.0 strip                     | 0.00                      |
| 09273  | Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid                             | 250.0     | 1.0 cup                       | 0.00                      |
| 11135  | Cauliflower, raw   | 107.0     | 1.0 cup chopped (1/2" pieces) | 0.00                      |
| 12643  | Nuts, pecans, dry roasted, with salt added   | 28.35     | 1.0 oz                        | 0.00                      |
| 18943  | Pie Crust, Cookie-type, Chocolate, Ready Crust   | 182.0     | 1.0 crust                     | 0.00                      |
| 07069  | Salami, cooked, beef and pork  | 12.3      | 1.0 slice round               | 0.00                      |
| 01280  | Yogurt, Greek, nonfat, strawberry, DANNON OIKOS  | 150.0     | 5.3 oz                        | 0.00                      |
| 11485  | Squash, winter, butternut, raw   | 140.0     | 1.0 cup, cubes                | 0.00                      |
| 15085  | Fish, salmon, sockeye, raw   | 28.35     | 1.0 oz, boneless              | 0.00                      |
| 04025  | Salad dressing, mayonnaise, regular  | 13.8      | 1.0 tbsp                      | 0.00                      |
| 27053  | Dip, OLD EL PASO, Cheese 'n Salsa, medium  | 32.0      | 2.0 tbsp                      | 0.00                      |
| 36610  | DENNY'S, french fries  | 165.0     | 1.0 serving                   | 0.00                      |
| 18209  | Cookies, sugar wafers with creme filling, regular  | 36.0      | 3.0 cookies                   | 0.00                      |
| 06415  | CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup   | 206.0     | 1.0 cup                       | 0.00                      |
| 09515  | Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS  | 230.0     | 1.0 cup                       | 0.00                      |
| 19871  | Frozen novelties, No Sugar Added, FUDGSICLE pops   | 84.0      | 1.0 serving                   | 0.00                      |
| 10935  | Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted                                | 85.0      | 1.0 serving (3 oz)            | 0.00                      |
| 12109  | Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged                                      | 85.0      | 1.0 cup                       | 0.00                      |
| 36048  | CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce  | 489.0     | 1.0 serving                   | 0.00                      |
| 01131  | Egg, whole, cooked, poached  | 50.0      | 1.0 large                     | 0.00                      |
| 21471  | Fast Foods, Fried Chicken, Thigh, meat and skin and breading   | 136.0     | 1.0 thigh with skin           | 0.00                      |
| 11355  | Potatoes, red, flesh and skin, raw   | 75.0      | 0.5 cup, diced                | 0.00                      |
| 14259  | Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape   | 248.0     | 8.0 fl oz                     | 0.00                      |
| 08505  | Cereals ready-to-eat, RALSTON Corn Biscuits  | 30.0      | 1.0 cup (NLEA serving)        | 0.00                      |
| 03130  | Babyfood, fruit, peaches, strained   | 17.0      | 1.0 tbsp                      | 0.00                      |
| 23305  | Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw | 114.0     | 4.0 oz                        | 0.00                      |
| 11884  | Tomatoes, red, ripe, cooked, with salt   | 240.0     | 1.0 cup                       | 0.00                      |
| 16403  | Refried beans, canned, traditional, reduced sodium   | 238.0     | 1.0 cup                       | 0.00                      |
| 05700  | Turkey, dark meat from whole, meat and skin, with added solution, raw                                    | 114.0     | 4.0 oz                        | 0.00                      |



| NDB_No | Description  | Weight(g) | Measure                                   | Maltose(g)<br>Per Measure |
|--------|--|-----------|---|---------------------------|
| 09412  | Pears, raw, bartlett   | 140.0     | 1.0 cup, sliced                           | 0.00                      |
| 14056  | Beverages, Acai berry drink, fortified   | 266.0     | 8.0 fl oz                                 | 0.00                      |
| 10902  | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated     | 85.0      | 3.0 oz                                    | 0.00                      |
| 22910  | Lasagna, cheese, frozen, prepared  | 225.0     | 1.0 cup 1 serving                         | 0.00                      |
| 01009  | Cheese, cheddar  | 132.0     | 1.0 cup, diced                            | 0.00                      |
| 15234  | Fish, catfish, channel, farmed, raw  | 85.0      | 3.0 oz                                    | 0.00                      |
| 09184  | Melons, honeydew, raw  | 170.0     | 1.0 cup, diced (approx 20 pieces per cup) | 0.00                      |
| 11238  | Mushrooms, shiitake, raw   | 19.0      | 1.0 piece whole                           | 0.00                      |
| 36630  | Restaurant, Italian, spaghetti with meat sauce   | 554.0     | 1.0 serving                               | 0.00                      |
| 02033  | Spices, poppy seed   | 2.8       | 1.0 tsp                                   | 0.00                      |
| 10865  | Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted       | 85.0      | 1.0 serving (3 oz)                        | 0.00                      |
| 11693  | Tomatoes, crushed, canned  | 121.0     | 0.5 cup                                   | 0.00                      |
| 05183  | Turkey, dark meat, meat and skin, raw  | 28.35     | 1.0 oz                                    | 0.00                      |
| 35146  | Stew, mutton, corn, squash (Navajo)  | 303.0     | 1.0 serving                               | 0.00                      |
| 20037  | Rice, brown, long-grain, cooked  | 202.0     | 1.0 cup                                   | 0.00                      |
| 11062  | Beans, snap, green, frozen, all styles, microwaved   | 111.0     | 1.0 cup                                   | 0.00                      |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve   | 132.0     | 1.0 serving 1/2 cup                       | 0.00                      |
| 36404  | Restaurant, Latino, arroz con leche (rice pudding)   | 283.0     | 1.0 serving                               | 0.00                      |
| 01227  | Cheese, dry white, queso seco  | 97.0      | 1.0 cup grated                            | 0.00                      |
| 11395  | Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated          | 21.0      | 10.0 strip                                | 0.00                      |
| 14627  | Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12               | 240.0     | 1.0 serving                               | 0.00                      |
| 03246  | Babyfood, dessert, custard pudding, vanilla, junior  | 229.0     | 1.0 cup                                   | 0.00                      |
| 11949  | Catsup, low sodium   | 17.0      | 1.0 tbsp                                  | 0.00                      |
| 06019  | Soup, chicken noodle, canned, condensed  | 124.0     | 0.5 cup                                   | 0.00                      |
| 09444  | Juice, apple, grape and pear blend, with added ascorbic acid and calcium                   | 250.0     | 8.0 fl oz                                 | 0.00                      |
| 31022  | Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil                      | 130.0     | 1.0 cup prepared                          | 0.00                      |
| 14209  | Beverages, coffee, brewed, prepared with tap water   | 29.6      | 1.0 fl oz                                 | 0.00                      |
| 19193  | Puddings, rice, ready-to-eat   | 113.0     | 1.0 serving 4 oz pudding cup              | 0.00                      |
| 10918  | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted | 85.0      | 1.0 serving (3 oz)                        | 0.00                      |
| 16098  | Peanut butter, smooth style, with salt   | 32.0      | 2.0 tbsp                                  | 0.00                      |
| 11286  | Onions, yellow, sauteed  | 87.0      | 1.0 cup chopped                           | 0.00                      |
| 22972  | Pulled pork in barbecue sauce  | 249.0     | 1.0 cup                                   | 0.00                      |
| 10881  | Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted   | 85.0      | 1.0 serving (3 oz)                        | 0.00                      |
| 05346  | Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning       | 53.0      | 1.0 wing                                  | 0.00                      |
| 11467  | Squash, summer, crookneck and straightneck, raw  | 127.0     | 1.0 cup sliced                            | 0.00                      |
| 15066  | Fish, pollock, Alaska, raw (may have been previously frozen)                               | 77.0      | 1.0 fillet                                | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                     | Maltose(g)<br>Per Measure |
|--------|--|-----------|-----------------------------|---------------------------|
| 27044  | Soup, chicken noodle, reduced sodium, canned, ready-to-serve                               | 245.0     | 1.0 cup                     | 0.00                      |
| 06359  | Soup, tomato, canned, prepared with equal volume low fat (2%) milk                         | 252.0     | 1.0 serving 1 cup           | 0.00                      |
| 09510  | Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E | 250.0     | 1.0 cup                     | 0.00                      |
| 19444  | Snacks, tortilla chips, low fat, made with olestra, nacho cheese                           | 28.35     | 1.0 oz                      | 0.00                      |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH                                 | 31.0      | 0.75 cup (1 NLEA serving)   | 0.00                      |
| 10932  | Pork, cured, ham, rump, bone-in, separable lean only, unheated                             | 28.35     | 1.0 oz                      | 0.00                      |
| 12078  | Nuts, brazilnuts, dried, unblanched  | 133.0     | 1.0 cup, whole              | 0.00                      |
| 36045  | ON THE BORDER, refried beans   | 135.0     | 1.0 cup                     | 0.00                      |
| 01127  | Egg, yolk, raw, frozen, sugared, pasteurized   | 28.35     | 1.0 oz                      | 0.00                      |
| 21459  | POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading                            | 57.0      | 1.0 wing, with skin         | 0.00                      |
| 11352  | Potatoes, flesh and skin, raw  | 75.0      | 0.5 cup, diced              | 0.00                      |
| 14256  | Beverages, OCEAN SPRAY, Cran Cherry  | 248.0     | 8.0 fl oz                   | 0.00                      |
| 21260  | TACO BELL, Original Taco with beef, cheese and lettuce                                     | 69.0      | 1.0 each taco               | 0.00                      |
| 23301  | Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw                     | 28.0      | 1.0 oz                      | 0.00                      |
| 11858  | Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt             | 180.0     | 1.0 cup slices              | 0.00                      |
| 16397  | Peanut butter, chunk style, without salt   | 32.0      | 2.0 tbsp                    | 0.00                      |
| 05694  | Turkey, dark meat from whole, meat only, with added solution, raw                          | 114.0     | 4.0 oz                      | 0.00                      |
| 09400  | Apple juice, canned or bottled, unsweetened, with added ascorbic acid                      | 248.0     | 1.0 cup                     | 0.00                      |
| 28358  | GLUTINO, Gluten Free Wafers, Lemon Flavored  | 30.0      | 3.0 cookies                 | 0.00                      |
| 14006  | Alcoholic beverage, beer, light  | 29.5      | 1.0 fl oz                   | 0.00                      |
| 10899  | Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil                   | 85.0      | 1.0 serving (3 oz)          | 0.00                      |
| 02024  | Spices, mustard seed, ground   | 2.0       | 1.0 tsp                     | 0.00                      |
| 22904  | Chili con carne with beans, canned entree  | 242.0     | 1.0 cup                     | 0.00                      |
| 36013  | Restaurant, family style, sirloin steak  | 166.0     | 1.0 serving                 | 0.00                      |
| 15169  | Mollusks, oyster, eastern, wild, cooked, moist heat  | 85.0      | 3.0 oz                      | 0.00                      |
| 09160  | Lime juice, raw  | 242.0     | 1.0 cup                     | 0.00                      |
| 11206  | Cucumber, peeled, raw  | 133.0     | 1.0 cup, pared, chopped     | 0.00                      |
| 27066  | Sauce, horseradish   | 5.6       | 1.0 tsp                     | 0.00                      |
| 02028  | Spices, paprika  | 2.3       | 1.0 tsp                     | 0.00                      |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                                | 28.35     | 1.0 oz                      | 0.00                      |
| 10123  | Pork, cured, bacon, unprepared   | 28.0      | 1.0 slice raw               | 0.00                      |
| 11659  | Sweet potato, cooked, candied, home-prepared   | 105.0     | 1.0 piece (2-1/2" x 2" dia) | 0.00                      |
| 05167  | Turkey, whole, meat only, raw  | 85.0      | 3.0 oz                      | 0.00                      |
| 11052  | Beans, snap, green, raw  | 100.0     | 1.0 cup 1/2" pieces         | 0.00                      |
| 12144  | Nuts, pecans, oil roasted, without salt added  | 110.0     | 1.0 cup                     | 0.00                      |
| 06700  | Soup, vegetable broth, ready to serve  | 221.0     | 1.0 cup                     | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure             | Maltose(g)<br>Per Measure |
|--------|---|-----------|---------------------|---------------------------|
| 09004  | Apples, raw, without skin   | 110.0     | 1.0 cup slices      | 0.00                      |
| 11939  | Mushrooms, portabella, exposed to ultraviolet light, grilled  | 121.0     | 1.0 cup sliced      | 0.00                      |
| 05740  | Turkey, thigh, from whole bird, meat only, raw  | 85.0      | 3.0 oz              | 0.00                      |
| 28375  | VAN'S, Gluten Free, Totally Original Waffles  | 47.0      | 1.0 waffle          | 0.00                      |
| 14201  | Beverages, coffee, brewed, prepared with tap water, decaffeinated                                       | 29.6      | 1.0 fl oz           | 0.00                      |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt | 219.0     | 1.0 cup             | 0.00                      |
| 10915  | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil              | 85.0      | 1.0 serving (3 oz)  | 0.00                      |
| 01050  | Cream, fluid, light (coffee cream or table cream)   | 30.0      | 1.0 fl oz           | 0.00                      |
| 16089  | Peanuts, all types, oil-roasted, with salt  | 144.0     | 1.0 cup, chopped    | 0.00                      |
| 09252  | Pears, raw  | 140.0     | 1.0 cup, slices     | 0.00                      |
| 11278  | Okra, raw   | 100.0     | 1.0 cup             | 0.00                      |
| 33879  | Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR                                | 8.9       | 0.5 cup             | 0.00                      |
| 22969  | Chili with beans, microwavable bowls  | 244.0     | 1.0 cup             | 0.00                      |
| 10878  | Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil                | 85.0      | 1.0 serving (3 oz)  | 0.00                      |
| 05343  | Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning               | 53.0      | 1.0 drumstick       | 0.00                      |
| 11125  | Carrots, cooked, boiled, drained, without salt  | 9.7       | 1.0 tbsp            | 0.00                      |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added   | 129.0     | 1.0 cup, whole      | 0.00                      |
| 01275  | Yogurt, Greek, nonfat, vanilla, CHOBANI   | 150.0     | 5.3 oz              | 0.00                      |
| 35235  | Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)  | 28.35     | 1.0 oz              | 0.00                      |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk                           | 252.0     | 1.0 serving 1 cup   | 0.00                      |
| 09504  | Apples, raw, fuji, with skin  | 109.0     | 1.0 cup, sliced     | 0.00                      |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt               | 233.0     | 1.0 cup             | 0.00                      |
| 10928  | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted          | 85.0      | 1.0 serving (3 oz)  | 0.00                      |
| 36042  | OLIVE GARDEN, lasagna classico  | 422.0     | 1.0 serving         | 0.00                      |
| 21082  | Fast foods, taco with beef, cheese and lettuce, hard shell  | 69.0      | 1.0 each taco       | 0.00                      |
| 21437  | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading                                  | 60.0      | 1.0 wing, with skin | 0.00                      |
| 11333  | Peppers, sweet, green, raw  | 149.0     | 1.0 cup, chopped    | 0.00                      |
| 14252  | Beverages, Malt liquor beverage   | 1184.0    | 1.0 bottle          | 0.00                      |
| 03104  | Babyfood, vegetables, squash, strained  | 16.0      | 1.0 tbsp            | 0.00                      |
| 21256  | BURGER KING, Chicken Strips   | 36.0      | 1.0 strip           | 0.00                      |
| 23297  | Beef, Australian, imported, grass-fed, seam fat, raw  | 28.35     | 1.0 oz              | 0.00                      |
| 10891  | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated                     | 85.0      | 3.0 oz              | 0.00                      |
| 11842  | Potatoes, french fried, all types, salt not added in processing, frozen, as purchased                   | 65.0      | 10.0 strips         | 0.00                      |
| 16343  | Beans, pinto, mature seeds, cooked, boiled, with salt   | 171.0     | 1.0 cup             | 0.00                      |
| 05361  | Chicken, broiler, rotisserie, BBQ, thigh meat and skin  | 95.0      | 1.0 thigh           | 0.00                      |
| 21379  | McDONALD'S, Side Salad  | 87.0      | 1.0 item 3.1 oz     | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure            | Maltose(g)<br>Per Measure |
|--------|--|-----------|--------------------|---------------------------|
| 28355  | CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free  | 3.9       | 3.0 crackers       | 0.00                      |
| 14003  | Alcoholic beverage, beer, regular, all   | 29.7      | 1.0 fl oz          | 0.00                      |
| 07967  | Pork sausage, link/patty, fully cooked, unheated   | 23.0      | 1.0 link           | 0.00                      |
| 10894  | Pork, cured, ham, separable fat, boneless, heated  | 85.0      | 3.0 oz             | 0.00                      |
| 02015  | Spices, curry powder   | 2.0       | 1.0 tsp            | 0.00                      |
| 36010  | T.G.I. FRIDAY'S, chicken fingers, from kids' menu  | 41.0      | 1.0 piece          | 0.00                      |
| 15157  | Mollusks, clam, mixed species, raw   | 85.0      | 3.0 oz             | 0.00                      |
| 27063  | Sauce, enchilada, red, mild, ready to serve  | 56.0      | 0.25 cup           | 0.00                      |
| 36622  | Restaurant, Chinese, sweet and sour pork   | 609.0     | 1.0 order          | 0.00                      |
| 09528  | Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C | 248.0     | 8.0 fl oz          | 0.00                      |
| 11585  | Vegetable juice cocktail, low sodium, canned   | 254.0     | 1.0 cup            | 0.00                      |
| 04641  | Salad dressing, mayonnaise, light  | 15.0      | 1.0 tablespoon     | 0.00                      |
| 35139  | Squash, Indian, cooked, boiled (Navajo)  | 28.35     | 1.0 oz             | 0.00                      |
| 19911  | Syrup, maple, Canadian   | 80.0      | 60.0 milliliter    | 0.00                      |
| 21309  | McDONALD'S, Chicken McNUGGETS  | 64.0      | 4.0 pieces         | 0.00                      |
| 11011  | Asparagus, raw   | 134.0     | 1.0 cup            | 0.00                      |
| 12141  | Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER                                | 132.0     | 1.0 cup            | 0.00                      |
| 06631  | Sauce, hot chile, sriracha   | 6.5       | 1.0 tsp            | 0.00                      |
| 01175  | Milk, fluid, 1% fat, without added vitamin A and vitamin D   | 244.0     | 1.0 cup            | 0.00                      |
| 03165  | Babyfood, fruit, apple and blueberry, junior   | 28.35     | 1.0 oz             | 0.00                      |
| 25000  | Snacks, popcorn, microwave, 94% fat free   | 28.35     | 1.0 oz             | 0.00                      |
| 11935  | Catsup   | 17.0      | 1.0 tbsp           | 0.00                      |
| 05732  | Turkey, retail parts, breast, meat and skin, raw   | 85.0      | 3.0 oz             | 0.00                      |
| 14190  | Beverages, tea, green, ready-to-drink, diet  | 269.0     | 1.0 cup            | 0.00                      |
| 19058  | Snacks, tortilla chips, ranch-flavor   | 28.35     | 1.0 oz             | 0.00                      |
| 08090  | Cereals, corn grits, white, regular and quick, enriched, dry   | 9.7       | 1.0 tbsp           | 0.00                      |
| 10912  | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated                       | 28.35     | 1.0 oz             | 0.00                      |
| 22957  | Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved                     | 385.0     | 1.0 serving        | 0.00                      |
| 01042  | Cheese, pasteurized process, American, fortified with vitamin D  | 28.35     | 1.0 oz             | 0.00                      |
| 16042  | Beans, pinto, mature seeds, raw  | 193.0     | 1.0 cup            | 0.00                      |
| 09226  | Papayas, raw   | 145.0     | 1.0 cup 1" pieces  | 0.00                      |
| 11263  | Mushrooms, white, stir-fried   | 108.0     | 1.0 cup sliced     | 0.00                      |
| 10875  | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil           | 85.0      | 1.0 serving (3 oz) | 0.00                      |
| 11760  | Carrots, frozen, cooked, boiled, drained, with salt  | 146.0     | 1.0 cup slices     | 0.00                      |
| 05339  | Chicken, broiler, rotisserie, BBQ, wing, meat only   | 51.0      | 1.0 wing           | 0.00                      |
| 28334  | Cookies, gluten-free, lemon wafer  | 30.0      | 3.0 cookies        | 0.00                      |

| NDB_No | Description   | Weight(g) | Measure            | Maltose(g)<br>Per Measure |
|--------|---|-----------|--------------------|---------------------------|
| 11112  | Cabbage, red, raw   | 89.0      | 1.0 cup, chopped   | 0.00                      |
| 12540  | Seeds, sunflower seed butter, with salt added   | 16.0      | 1.0 tbsp           | 0.00                      |
| 07043  | Roast beef, deli style, prepackaged, sliced   | 9.3       | 1.0 slice oval     | 0.00                      |
| 01260  | Cheese, cheddar, reduced fat  | 21.0      | 1.0 slice          | 0.00                      |
| 35211  | Caribou, hind quarter, meat, cooked (Alaska Native)   | 66.0      | 0.5 cup            | 0.00                      |
| 11457  | Spinach, raw  | 30.0      | 1.0 cup            | 0.00                      |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat   | 85.0      | 3.0 oz             | 0.00                      |
| 09062  | Cherimoya, raw  | 160.0     | 1.0 cup, pieces    | 0.00                      |
| 27021  | CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup                        | 246.0     | 1.0 cup            | 0.00                      |
| 12038  | Seeds, sunflower seed kernels, oil roasted, without salt  | 135.0     | 1.0 cup            | 0.00                      |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular  | 36.0      | 3.0 cookie         | 0.00                      |
| 10925  | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0      | 1.0 serving (3 oz) | 0.00                      |
| 36039  | Restaurant, family style, hash browns   | 94.0      | 1.0 cup            | 0.00                      |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D             | 250.0     | 1.0 cup            | 0.00                      |
| 21422  | KFC, Popcorn Chicken  | 6.4       | 1.0 piece          | 0.00                      |
| 09302  | Raspberries, raw  | 123.0     | 1.0 cup            | 0.00                      |
| 10888  | Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated               | 85.0      | 3.0 oz             | 0.00                      |
| 11822  | Peppers, sweet, green, cooked, boiled, drained, with salt                                       | 11.6      | 1.0 tbsp           | 0.00                      |
| 16172  | Refried beans, canned, fat-free   | 231.0     | 1.0 cup            | 0.00                      |
| 05357  | Chicken, broiler, rotisserie, BBQ, back meat and skin   | 85.0      | 3.0 oz             | 0.00                      |
| 28347  | Pancakes, gluten-free, frozen, ready-to-heat  | 48.0      | 1.0 pancake        | 0.00                      |
| 13317  | Beef, ground, patties, frozen, cooked, broiled  | 85.0      | 3.0 oz             | 0.00                      |
| 18956  | Keikitos (muffins), Latino bakery item  | 42.0      | 1.0 piece          | 0.00                      |
| 02009  | Spices, chili powder  | 2.7       | 1.0 tsp            | 0.00                      |
| 36007  | T.G.I. FRIDAY'S, french fries   | 184.0     | 1.0 serving        | 0.00                      |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat  | 145.0     | 1.0 cup            | 0.00                      |
| 09132  | Grapes, red or green (European type, such as Thompson seedless), raw                            | 151.0     | 1.0 cup            | 0.00                      |
| 27060  | Soup, chunky vegetable, reduced sodium, canned, ready-to-serve                                  | 240.0     | 1.0 cup            | 0.00                      |
| 36619  | Restaurant, Chinese, kung pao chicken   | 604.0     | 1.0 order          | 0.00                      |
| 09524  | Lemon juice from concentrate, bottled, REAL LEMON   | 15.0      | 1.0 tbsp           | 0.00                      |
| 11547  | Tomato products, canned, puree, without salt added  | 250.0     | 1.0 cup            | 0.00                      |
| 19907  | Sweeteners, for baking, contains sugar and sucralose  | 14.5      | 1.0 tbsp           | 0.00                      |
| 10998  | Canadian bacon, cooked, pan-fried   | 13.8      | 1.0 slice          | 0.00                      |
| 12135  | Nuts, mixed nuts, dry roasted, with peanuts, without salt added                                 | 131.0     | 1.0 cup            | 0.00                      |
| 06628  | Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated                           | 63.0      | 0.25 cup           | 0.00                      |
| 01171  | Egg, whole, raw, frozen, pasteurized  | 28.0      | 1.0 oz             | 0.00                      |

| NDB_No | Description  | Weight(g) | Measure                  | Maltose(g)<br>Per Measure |
|--------|--|-----------|--------------------------|---------------------------|
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt   | 78.0      | 0.5 cup                  | 0.00                      |
| 23321  | Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw | 114.0     | 4.0 oz                   | 0.00                      |
| 11910  | Corn, sweet, white, frozen, kernels cut off cob, unprepared  | 165.0     | 1.0 cup                  | 0.00                      |
| 17350  | Veal, Australian, shank, fore, bone-in, separable lean and fat, raw  | 85.0      | 3.0 oz                   | 0.00                      |
| 05726  | Turkey, thigh, from whole bird, meat only, with added solution, raw  | 85.0      | 3.0 oz                   | 0.00                      |
| 09429  | Pineapple, raw, traditional varieties  | 165.0     | 1.0 cup, chunks          | 0.00                      |
| 14179  | Beverages, coffee, ready to drink, milk based, sweetened   | 262.0     | 1.0 cup                  | 0.00                      |
| 10909  | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated   | 28.35     | 1.0 oz whole             | 0.00                      |
| 36023  | APPLEBEE'S, chicken tenders platter  | 209.0     | 1.0 serving              | 0.00                      |
| 01031  | Cheese, neufchatel   | 28.35     | 1.0 oz                   | 0.00                      |
| 16034  | Beans, kidney, red, mature seeds, canned, solids and liquids   | 256.0     | 1.0 cup                  | 0.00                      |
| 20655  | Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST   | 166.0     | 1.0 cup spaghetti packed | 0.00                      |
| 09213  | Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium   | 262.0     | 1.0 cup                  | 0.00                      |
| 11253  | Lettuce, green leaf, raw   | 36.0      | 1.0 cup shredded         | 0.00                      |
| 28310  | Cookies, shortbread, reduced fat   | 11.8      | 1.0 cookie               | 0.00                      |
| 43364  | Snacks, tortilla chips, unsalted, white corn   | 26.0      | 1.0 cup                  | 0.00                      |
| 11752  | Cabbage, red, cooked, boiled, drained, with salt   | 22.0      | 1.0 leaf                 | 0.00                      |
| 05313  | Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)   | 74.0      | 1.0 serving              | 0.00                      |
| 20062  | Rye grain  | 169.0     | 1.0 cup                  | 0.00                      |
| 11098  | Brussels sprouts, raw  | 88.0      | 1.0 cup                  | 0.00                      |
| 12536  | Seeds, sunflower seed kernels from shell, dry roasted, with salt added   | 128.0     | 1.0 cup                  | 0.00                      |
| 01255  | Egg, whole, raw, frozen, salted, pasteurized   | 28.0      | 1.0 oz                   | 0.00                      |
| 35204  | Chokecherries, raw, pitted (Northern Plains Indians)   | 154.0     | 1.0 cup                  | 0.00                      |
| 11429  | Radishes, raw  | 116.0     | 1.0 cup slices           | 0.00                      |
| 15028  | Fish, flatfish (flounder and sole species), raw  | 28.35     | 1.0 oz, boneless         | 0.00                      |
| 03690  | Babyfood, cereal, oatmeal, with bananas, prepared with whole milk  | 28.35     | 1.0 oz                   | 0.00                      |
| 25064  | Snacks, potato chips, lightly salted   | 28.0      | 23.0 pieces              | 0.00                      |
| 06150  | Sauce, barbecue  | 17.0      | 1.0 tbsp                 | 0.00                      |
| 09501  | Apples, raw, golden delicious, with skin   | 109.0     | 1.0 cup, sliced          | 0.00                      |
| 14233  | Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink   | 248.0     | 8.0 fl oz                | 0.00                      |
| 19335  | Sugars, granulated   | 2.8       | 1.0 serving packet       | 0.00                      |